

The Syllabus

of

Physical Exercises

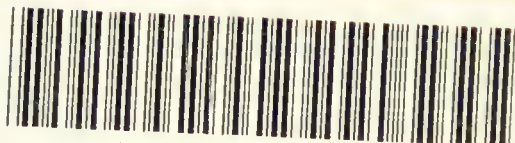
Made Easy.

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The Syllabus
of
Physical Exercises
Made Easy.

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PREFACE.

THIS book has been compiled with the idea of giving assistance to busy teachers. The "Syllabus of Physical Exercises" requires a teacher to be constantly referring back to previous "Tables," in order that "Commands" should be accurately given. This is a task which involves a very considerable amount of time and patience. In order to meet this difficulty, and to stimulate as well as sustain interest, I have carefully framed the Tables with the complete words of command for each exercise, not with the intention of doing away with the "Syllabus of Physical Exercises," but to make the instruction a matter of greater ease to the teacher.

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CHELTENHAM.
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CORRECTIONS, &c.

ORDER MOVEMENTS ... 4. "On the right, close order—*take*." On command, the class mark time, close on the right; when in proper position Class—*halt*, 1, 2.

TABLE 35 ... 7. b. After 1, 2, (3, 4), 5, 6, insert (Arms downward—*stretch*).

TABLE 50 7. b.	{	In Column of EXERCISES, at end of 7 insert <i>Arms bend</i> .
				In Column of COMMANDS, begin (A upward— <i>bend</i>), and after 1, 2, (3 5, 6, insert (Arms downward— <i>stre</i>

ORDER MOVEMENTS.

EXERCISES.

1. TO STRAIGHTEN LINES OF RANKS.
2. TO STRAIGHTEN LINES OF FILES
3. MARKING TIME.
4. TAKING DISTANCE IN RANKS.
5. TAKING DISTANCE IN FILES.
6. TURNING AT THE HALT.
7. TURNING WHILE MARKING TIME.
8. STEPPING FORWARD OR BACKWARD.
9. STEPPING SIDeways.

COMMANDS.

1. Eyes right and lines—*straight*. Eyes—*front*.
2. Class—*cover*.
3. Mark—*time* (left, right, &c.) Class—*halt*, 1, 2.
4. *a*. Single distance from the right—*take*. Class—*halt*, 1, 2.
(To return to former position, give—On the right, close order—*take*. Class—*halt*, 1, 2).
- b*. Elbow distance from the right—*take*. Class—*halt*, 1, 2.
(To return to former position, give—On the right, close order—*take*. Class—*halt*, 1, 2).
5. Distance forward—*take*. Class—*halt*, 1, 2.
6. Right (or left)—*turn*, 1, 2. Right (or left) about—*turn*, 1, 2.
7. Mark—*time* (left, right, &c.) Left—*turn*, 1, 2. Left about—*turn*. 1, 2, 3, 4.
8. One step (or two steps) forward (or backward)—*march* 1, 2.
9. One step (or two steps) to the left (or right)—*march* 1, 2.

ORDER MOVEMENTS (continued).

EXERCISES.

10. NUMBERING IN RANKS.

11. OPENING AND CLOSING RANKS

12. NUMBERING IN FILES.

13. OPENING AND CLOSING FILES

COMMANDS.

10. From the right in twos—*number*.

11. (*To open ranks*). Front rank a step forward, rear rank a step backward—*march*.
Ones a step forward, twos a step backward—*march*.

(*To close ranks*). Ones a step backward, twos a step forward—*march*.
Front rank a step backward, rear rank a step forward—*march*.

For Standards III. & IV. (To open ranks
—With one step, open ranks—*march*.
Ones and twos, open ranks—*march*.

(*To close ranks*)—Ones and twos, close ranks—*march*.
With one step, close ranks—*march*.

For Standards V., VI. and VII.—
Class, open ranks—*march*.
Class, close ranks—*march*.

12. From the front in twos—*number*.

13. (*To open files*)—With two steps, open files—*march*.
Ones a step to the right, twos a step to the left—*march*.

ORDER MOVEMENTS (continued).

EXERCISES.

14. NUMBERING, WHEN ONLY ONE LINE.

15. OPENING AND CLOSING RANK OR FILE, WHEN ONLY ONE LINE.

16. DISMISSING A CLASS.

COMMANDS.

(*To close files*)—Ones a step to the left, twos a step to the right—*march*.
With two steps, close files—*march*.

For Standards III. & IV.—(*To open files*)
—With two steps, open files—*march*.
Ones and twos, open files—*march*.

(*To close files*)—Ones and twos, close files
—*march*. With two steps, close files
—*march*.

For Standards V., VI. and VII.—
Class, open files—*march*.
Class, close files—*march*.

14. From the right, in threes—*number*.

15. (*To open rank*)—Ones a step forward, threes a step backward—*march*.

(*To close rank*)—Ones a step backward, threes a step forward—*march*.

(*To open file*)—With two steps, ones to the right, threes to the left—*march*.

(*To close file*)—With two steps, close file
—*march*.

16. Class—*dismiss*.

NOTE.

IN THE COLUMNS OF EXERCISES THE "STARTING POSITIONS"
ARE IN ITALICS.

TABLE 1.

EXERCISES.

1. a. HIPS FIRM.
b. FEET CLOSING AND OPENING
Hips firm.
c. ARM BENDING UPWARD.
d. BREATHING. *Hips firm.*
2. HEAD BENDING BACKWARD
Hips firm.
3. ARM STRETCHING SIDEWAYS.
4. HEEL RAISING. *Hips firm.*
5. ARM BENDING ACROSS.
6. TRUNK TURNING. *Hips firm.*
7. a. MARCHING.
b. RUNNING OR GAME.*
8. BREATHING. ARMS RAISING
SIDEWAYS.

COMMANDS.

1. a. Hips—*firm.* *Attention.*
b. (Hips—*firm*). Feet—*close.* Feet—*open.*
Attention.
c. Arms upward—*bend.* Arms downward
—*stretch.*
d. (Hips—*firm*). Breathe—*in.* Breathe
—*out.* or, Breathing — *commence.*
(*Attention*).
2. (Hips — *firm*). Head backward — *bend.*
Head upward—*stretch.* (*Attention*).
3. (Arms upward—*bend*). Arms sideways—
stretch. Arms—*bend.* (Arms down-
ward—*stretch*).
4. (Hips—*firm*). Heels—*raise.* Heels—*lower.*
(*Attention*).
5. Arms across—*bend.* *Attention.*
6. (Hips—*firm*). Trunk to the left—*turn.*
Trunk forward—*turn.* Trunk to the
right—*turn.* Trunk forward—*turn.*
(*Attention*).
7. a. Forward—*march.* Class—*halt 1, 2.*
or, Right—*turn.* Forward—*march.*
Class—*halt, 1, 2.* or, Left—*turn.*
Forward—*march.* Class—*halt, 1, 2.*
b. Forward—*run.* Class—*halt, 1, 2, 3, 4.*
8. With deep breathing. Arms sideways—
raise. Arms downward—*lower.*

*A Suitable Game may be selected from Appendix A. of the Syllabus.

TABLE 2.

EXERCISES

1. a. BREATHING. ARM RAISING
SIDEWAYS.

- b. FEET ASTRIDE PLACING.
Hips firm.

- c. HEAD BENDING BACKWARD.
Hips firm.

2. TRUNK BENDING FORWARD.
Feet astride. Hips firm.

3. ARM STRETCHING UPWARDS.

4. HEEL RAISING AND KNEE
BENDING. *Hips firm.*

5. ARM RAISING FORWARD AND
PARTING.

COMMANDS.

1. a. With deep breathing. Arms sideways—*raise*. Arms downwards—*lower*.

- b. (Hips—*firm*). Feet astride—*place 1, 2*. Feet together—*place 1, 2*. (*Attention*)

- c. (Hips—*firm*). Head backward—*bend*! Head upward—*stretch*. (*Attention*).

2. (Hips—*firm*). Feet astride—*place, 1, 2*. Trunk forward—*bend*. Trunk upward—*stretch*. (Feet together—*place 1, 2*. *Attention*).

3. (Arms upward—*bend*). Arms upward—*stretch*. Arms—*bend*. (Arms downward—*stretch*).

4. (Hips—*firm*). Heels—*raise*. Knees—*bend*. Knees—*stretch*. Heels—*lower*. (*Attention*).

5. (Arms forward—*raise*). Arm parting by numbers—*1, 2*. (Arms downward—*lower*).

TABLE 2—(continued).

EXERCISES.

COMMANDS.

- | | |
|--|--|
| <p>5. TRUNK TURNING. <i>Hips firm</i></p> | <p>6. (Hips—<i>firm</i>). Trunk to the left—<i>turn</i>.
Trunk forward—<i>turn</i>. Trunk to the
right—<i>turn</i>. Trunk forward—<i>turn</i>.
(<i>Attention</i>).</p> |
| <p>7. a. MARCHING.</p> | <p>7. a. Forward — <i>march</i>. Class—<i>halt</i>, 1, 2.
or, Right—<i>turn</i>. Forward—<i>march</i>.
Class—<i>halt</i>, 1, 2. or, Left—<i>turn</i>.
Forward—<i>march</i>. Class—<i>halt</i>, 1, 2.</p> |
| <p>b. ASTRIDE JUMPING. <i>Hips
firm, or GAME.*</i></p> | <p>b. (Hips — <i>firm</i>. Heels — <i>raise</i>). Astride
jumping—<i>begin</i>, 1, 2. (Heels—<i>lower</i>.
<i>Attention</i>).</p> |
| <p>8. BREATHING <i>Hips firm</i>.</p> | <p>8. (Hips—<i>firm</i>). Breathe — <i>in</i>. Breathe—
<i>out</i>. or, Breathing — <i>commence</i>.
(<i>Attention</i>).</p> |

*See footnote to Table 1.

TABLE 3.

EXERCISES.

1. *a.* HEAD BENDING BACKWARD.

- b.* BREATHING. ARM RAISING
FORWARD AND PARTING.

- c.* ALTERNATE TOE RAISING.
Hips firm.

2. TRUNK BENDING BACKWARD.
TRUNK BENDING FORWARD.
Feet astride. Hips firm.

3. ARM STRETCHING SIDEWAYS
AND UPWARD.

4. HEEL RAISING. *Feet astride,*
Hips firm.

COMMANDS.

1. *a.* Head backward—*bend.* Head upward
stretch.

- b.* (Arms forward—*raise.*) With deep
breathing. Arm parting by numbers
—1, 2. (Arms downward—*lower*).

- c.* (Hips—*firm*). Alternate toe raising,
right foot (or left foot)—*begin, 1, 2,*
1, 2, &c. Class—halt. (Attention).

2. (Hips—*firm.* Feet astride—*place, 1, 2*)
Trunk backward—*bend.* Trunk up
ward—*stretch.* Trunk forward—*bend*
Trunk upward—*stretch.* (Feet to
gether—*place, 1, 2. Attention.*)

3. (Arms upward—*bend*). Arms sideways—
stretch. Arms—*bend.* Arms upward
—*stretch.* Arms—*bend.* (Arms down
ward—*stretch*).

4. (Hips—*firm.* Feet astride—*place, 1, 2*)
Heels—*raise.* Heels—*lower.* (Feet
together—*place 1, 2. Attention.*)

TABLE 3.—(continued).

EXERCISES.

COMMANDS.

5. ARM RAISING SIDEWAYS.

5. Arms sideways—*raise*. Arms downward—*lower*.

6. TRUNK BENDING SIDEWAYS.
Feet astride. Hips firm.

6. (Hips—*firm*. Feet astride—*place 1, 2*). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet together—*place, 1, 2. Attention*).

7. a. MARCHING.

7. a. Forward—*march*. Class—*halt, 1, 2, or Right—turn*. Forward—*march*. Class—*halt, 1, 2. or, Left—turn*. Forward—*march*. Class—*halt, 1, 2*.

b. MARCHING ON THE TOES.

b. Heels—*raise*. Forward—*march*. Class—*halt, 1, 2, 3. or, The class may be turned to the right or left, before the command, Heels—raise*.

c. GAME.*

8. BREATHING. *Hips firm.*

8. (Hips—*firm*). Breathe—*in*. Breathe—*out. or, Breathing—commence. (Attention)*.

*See Footnote to Table 1.

TABLE 4.

EXERCISES.

1. *a.* BREATHING. *Hands on chest.*

b. FEET ASTRIDE PLACING
WITH ARM STRETCHING
SIDEWAYS.

c. NECK REST.

2. TRUNK BENDING FORWARD.
Feet astride, Hips firm.

3. ARM STRETCHING FORWARD.

COMMANDS.

1. *a.* (Hands on Chest—*place*). Breathe—*in*.
Breathe—*out*. or, Breathing—*commence*. (*Attention*).

b. With feet astride, Arms sideways—*stretch*, 1, 2. [On 1, the left foot is moved to the left and the arms are bent upwards. On 2, the right foot is moved to the right, and the arms are stretched sideways.] Feet and Arms, in position—*place*, 1, 2. [On 1, the left foot is brought back, and the arms bent. On 2, the right foot is brought back and the arms stretched downward.]

c. Neck—*rest*. *Attention*.

2. (With feet astride, Hips—*firm*, 1, 2). [On 1, the left foot is moved to the left. On 2, the right foot is moved to the right and the hands placed on the hips.] Trunk forward—*bend*. Trunk upward—*stretch*.

(Feet and Arms in position—*place* 1, 2). [On 1, the left foot is brought back. On 2, the right foot is brought back, and the hands moved to position of *Attention*.]

3. (Arms upward—*bend*). Arms forward—*stretch*. Arms—*bend*. (Arms downward—*stretch*).

TABLE 4.—(continued).

EXERCISES.	COMMANDS.
1. HEEL RAISING AND KNEE BENDING. <i>Hips firm.</i>	4. (Hips— <i>firm.</i>) Heels— <i>raise.</i> Knees— <i>bend.</i> Knees— <i>stretch.</i> Heels— <i>lower.</i> (<i>Attention</i>).
3. ARM TURNING OUTWARD AND INWARD.	5. Arm turning outward and inward by numbers—1, 2. [On 1, the arms are turned until the palms are directed outward. On 2, the arms are turned inward, and resume the position of Attention].
3. TRUNK TURNING. <i>Hips firm.</i>	6. (Hips— <i>firm</i>). Trunk to the left— <i>turn.</i> Trunk forward— <i>turn.</i> Trunk to the right— <i>turn.</i> Trunk forward— <i>turn.</i> (<i>Attention</i>).
7. a. MARCHING.	7. a. Forward— <i>march.</i> Class— <i>halt, 1, 2.</i> [The class may be turned to the right or left before the command, "Forward— <i>march.</i> "]
b. FIRST SKIPPING EXERCISE.	b. First skipping exercise, ready— <i>go.</i> Class— <i>halt.</i> [On the word, "ready," the Arms are extended to the sideways stretch position. On " <i>go,</i> " the skipping is commenced.]
c. GAME.*	
3. BREATHING. ARM RAISING FORWARD AND PARTING.	8. (Arms forward— <i>raise.</i>) With deep breathing, Arm parting by numbers—1, 2. (Arms downward— <i>lower</i>).

*See footnote to Table 1.

TABLE 5.

EXERCISES.	COMMANDS.
<p>1. a. HEAD BENDING BACKWARD, HEAD BENDING FORWARD. <i>Hips firm.</i></p>	<p>1. a. (Hips—<i>firm</i>). Head backward—<i>bend</i>. Head upward—<i>stretch</i>. Head forward—<i>bend</i>. Head upward—<i>stretch</i>. (<i>Attention</i>).</p>
<p>b. ALTERNATE HEEL RAISING. <i>Hips firm.</i></p>	<p>b. (Hips—<i>firm</i>). Alternate heel raising right foot—<i>begin</i>, 1, 2. Class—<i>halt</i>, 1, 2. or, Alternate heel raising left foot—<i>begin</i>, 1, 2. Class—<i>halt</i>, 1, 2. (<i>Attention</i>).</p>
<p>c. BREATHING, ARM RAISING SIDEWAYS.</p>	<p>c. With deep breathing, Arms sideways— <i>raise</i>. Arms downward—<i>lower</i>.</p>
<p>2. TRUNK BENDING BACKWARD, TRUNK BENDING FORWARD. <i>Feet astride, Arms bend.</i></p>	<p>2. (With feet astride, Arms—<i>bend</i>, 1, 2. Trunk backward—<i>bend</i>. Trunk upward—<i>stretch</i>. Trunk forward—<i>bend</i>. Trunk upward—<i>stretch</i>. (Feet are in position—<i>place</i>, 1, 2.)</p>
<p>3. ARM STRETCHING SIDEWAYS AND DOWNWARD.</p>	<p>3. Arms sideways—<i>stretch</i>, 1, 2. Arms downward—<i>stretch</i>, 1, 2. [On 1, the Arms are bent ; On 2, they are stretched].</p>

TABLE 5.—(continued).

EXERCISES.	COMMANDS.
HEEL RAISING.	4. Heels— <i>raise</i> . Heels— <i>lower</i> .
5. ARM FLINGING. <i>Arms across bend.</i>	5. (Arms across— <i>bend</i> .) Arms— <i>fling</i> . Arms— <i>bend</i> . (<i>Attention</i>).
6. TRUNK BENDING SIDEWAYS. <i>Hips firm.</i>	6. (Hips— <i>firm</i>). Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . (<i>Attention</i>).
a. MARCHING.	7. a. Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left before the command, “Forward— <i>march</i> .”]
b. PREPARATION FOR JUMPING. <i>Hips firm.</i>	b. Prepare to jump—1, 2, 3, 4. [This exercise is “heel raising” and “knees bending” taken quickly and consecutively. On 1, heels are raised, on 2, knees bent; on 3, knees are stretched; on 4, heels lowered].
c. GAME*	8. (Hips— <i>firm</i>). Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing — <i>commence</i> . (<i>Attention</i>).
8. BREATHING. <i>Hips firm.</i>	

*See footnote to Table 1.

TABLE 6.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
FORWARD AND PARTING.

b. HIPS FIRM AND NECK REST.

c. FEET ASTRIDE PLACING
WITH ARM STRETCHING
UPWARD.

2. TRUNK BENDING FORWARD.
Arms bend.

3. ARM STRETCHING FORWARD
AND DOWNWARD.

4. HEEL RAISING AND KNEE
BENDING. *Arms bend.*

5. ARM TURNING OUTWARD AND
INWARD.

COMMANDS.

1. *a.* Arms forward — *raise*). With deep
breathing, Arm parting by Numbers
—1, 2. (Arms downward—*lower*).

b. Right hand neck rest, left hand hip—
firm. Arms—*change*. (*Attention*).

c. With Feet astride, Arms upward—
stretch, 1, 2. Feet and arms in
position—*place*, 1, 2.

2. (Arms upward—*bend*). Trunk forward—
bend. Trunk upward—*stretch*. (Arms
downward—*stretch*).

3. Arms forward — *stretch*, 1, 2. Arms
downward—*stretch*, 1, 2.

4. (Arms upward — *bend*). Heels — *raise*
Knees—*bend*. Knees—*stretch*. Heels
—*lower*. (Arms downward—*stretch*)

5. Arm turning outward and inward by
numbers—1, 2.

TABLE 6—(continued).

EXERCISES.

3. TRUNK TURNING. *Hips firm,*
Feet close.

7. a. MARCHING.

b. RUNNING ON THE SPOT.
Hips firm, or ASTRIDE
JUMPING. *Hips firm.*

8. BREATHING. *Hands on chest.*

COMMANDS.

6. (With feet close, hips—*firm*). Trunk to the left—*turn*. Trunk forward—*turn*. Trunk to the right—*turn*. Trunk forward—*turn*. (*Feet and Arms—Attention*).

7. a. Forward—*march*. Class—*halt, 1—2*,
[The class may be turned to the right or left, before the command “Forward”—*march*].

b. Running on the spot, left foot—*begin*.
Class—*halt, 1, 2, 3, 4, or* Running on the spot, right foot—*begin*. Class—*halt, 1, 2, 3, 4*.

or (*Hips—firm*). Heels—*raise*. Astride jumping—*begin, 1, 2*. Class—*halt, 1, 2*. (*Heels—lower. Attention.*)

8. (*Hands on chest—place*). Breathe—*in*. Breathe—*out*. *or*, Breathing—*commence. (Attention)*.

TABLE 7.

EXERCISES.

COMMANDS.

1. a. HEAD TURNING. *Hips firm*

- b. BREATHING. ARM SIDE-
WAYS RAISING.

- c. ALTERNATE TOE RAISING.
Hips firm.

2. TRUNK BENDING FORWARD.
TRUNK BENDING BACK-
WARD. *Feet astride, Hips
firm.*

- ### 3. ARM STRETCHING UPWARD AND DOWNWARD.

4. HEEL RAISING. *Feet close.*
Hips firm.

1. *a.* (Hips—*firm*). Head to the left—*turn*.
Head forward—*turn*. Head to the
right — *turn*. Head forward—*turn*.
(*Attention*).

- b. With deep breathing, Arms sideways—
raise. Arms downward—*lower.*

- c. (Hips — firm). Alternate toe raising,
left foot—begin. Class—halt, 1, 2.
(Attention).

2. (With feet astride, hips—*firm*, 1, 2.)
Trunk forward—*bend*. Trunk upward—*stretch*.
Trunk backward—*bend*. Trunk upward—*stretch*. (Feet and
arms in position—*place*, 1, 2.)

3. Arms upward—*stretch*, 1, 2. Arms downward—*stretch*, 1, 2.

4. (With feet close, hips—firm). Heels—raise. Heels—lower. (Feet and Arms—Attention.)

TABLE 7—(continued).

EXERCISES.

5. ARM RAISING FORWARD AND UPWARD.

6. TRUNK BENDING SIDEWAYS.
Arms bend.

7. *a.* MARCHING.

b. MARCHING IN TWOS AND FOURS.

c. RUNNING, or GAME*

8. BREATHING. *Hips firm.*

COMMANDS.

5. Arms forward and upward—*raise*. Arms forward and downward—*lower*.

6. (Arms upward—*bend*.) Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Arms downward—*stretch*.)

7. *a.* Forward—*march*. Class—*halt*, 1, 2. [Before giving the command “Forward—*march*,” the class may be turned to the right or left.]

b. One to the right, one to the left, forward—*march*. Centre—*twos*. Two to the right, two to the left—*divide*. Centre—*fours*. Two to the right, two to the left—*divide*. Centre—*twos*. To the right (or left) in one line, forward—*march*.

c. Forward—*run*. Class—*halt* 1, 2, 3, 4.

8. (Hips—*firm*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*).

*See footnote to Table 1.

TABLE 8.

EXERCISES.

1. a. MARKING TIME. (*Hips firm*). MARCHING.

- b. HEAD BENDING BACKWARD. (*Arms bend*).

- c. BREATHING. ARM RAISING FORWARD AND PARTING.

2. TRUNK BENDING BACKWARD. TRUNK BENDING FORWARD. *Feet astride, Arms bend.*

3. ARM STRETCHING SIDEWAYS, UPWARD AND DOWNWARD.

4. HEEL RAISING AND KNEE BENDING. *Arms bend.*

COMMANDS.

1. a. (*Hips—firm*). Mark—*time* (left, right). Class—*halt*, 1, 2. (*Attention*). Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command “Forward—*march*.”]

- b. (*Arms upward—bend*). Head backward—*bend*. Head upward—*stretch*. (*Arms downward—stretch*.)

- c. (*Arms forward—raise*). With deep breathing, Arm parting by numbers, —1, 2. (*Arms downward—lower*).

2. (With feet astride, arms upward—*bend*, 1, 2). Trunk backward—*bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. (*Feet and Arms in position—place*, 1, 2.)

3. Arms sideways—*stretch* 1, 2. Arms upward—*stretch* 1, 2. Arms downward—*stretch* 1, 2.

4. (*Arms upward—bend*). Heels—*raise*. Knees—*bend*. Knees—*stretch*. Heels—*lower*. (*Arms downward—stretch*).

TABLE 8—(continued).

EXERCISES.

5. ARMS RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.

6. a. TRUNK TURNING. *Arms bend.*

b. TRUNK BENDING SIDEWAYS
Feet astride, Hips firm.

7 a. GAME.*

b. ASTRIDE JUMPING. *Hips firm, or SKIPPING.*

BREATHING. ARM RAISING
SIDEWAYS.

COMMANDS.

5. Arms forward and upward—*raise*. Arms sideways and downward—*lower*.

6. a. (Arms upward—*bend*). Trunk to the left—*turn*. Trunk forward—*turn*. Trunk to the right—*turn*. Trunk forward—*turn*. (Arms downward—*stretch*).

b. (With feet astride, hips—*firm*, 1, 2). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and Arms in position—*place*, 1, 2).

7. a. (Hips—*firm*). Heels—*raise*. Astride jumping—*begin*, 1, 2. Heels—*lower*. (*Attention*).

First skipping exercise, ready—*go*. Class—*halt*. [On the word “ready,” the arms to be extended to the “sideways stretch” position. On “go,” the skipping is commenced].

8. With deep breathing, Arms sideways—*raise*. Arms downward—*lower*.

*See footnote to Table 1.

TABLE 9.

EXERCISES.

1. a. BREATHING. *Hands on chest.*

b. HIPS FIRM AND NECK REST.

c. FEET CLOSING AND OPENING
Hips firm.

2. a. TRUNK BENDING FORWARD
Feet astride, Hips firm.

b. TRUNK BENDING FORWARD
AND DOWNWARD. *Feet
astride, Arms upward
stretch.*

3. ARM STRETCHING SIDEWAYS,
FORWARD AND DOWNWARD.

4. HEEL RAISING. *Arms bend.*

COMMANDS.

1. a. (Hands on chest—*place*). Breathe—*in*.
Breathe—*out*. or, Breathing—*com-*
mence. (*Attention*).

b. Hips—*firm*. *Attention*. Neck — *rest*.
Attention.

c. (Hips—*firm*). Feet—*close*. Feet—*open*.
(*Attention*).

2. a. (With feet astride, hips—*firm*, 1, 2.)
Trunk forward—*bend*. Trunk upward
—*stretch*. (Feet and Arms in position
place, 1, 2.)

b. (With feet astride, Arms upward—
stretch, 1, 2.) Trunk forward and
downward—*bend*. Trunk forward and
upward—*stretch*. (Feet and Arms in
position—*place*, 1, 2.)

3. Arms sideways—*stretch*, 1, 2. Arms for-
ward—*stretch*, 1, 2. Arms downward
—*stretch*, 1, 2.

4. (Arms upward—*bend*.) Heels—*raise*. Heels
—*lower*. (Arms downward—*stretch*).

TABLE 9—(continued).

EXERCISES.

5. ARM FLINGING. *Arms across bend.*
6. TRUNK TURNING. *Feet astride, Hips firm.*
7. a. MARCHING.
- b. PREPARATION FOR JUMPING.
- c. GAME* or, SKIPPING.
8. BREATHING. ARM RAISING FORWARD AND PARTING.

COMMANDS.

5. (Arms across—*bend.*) Arms—*fling.* Arms—*bend.* (*Attention.*)
6. (With feet astride, hips—*firm*, 1, 2). Trunk to the left—*turn.* Trunk forward—*turn.* Trunk to the right—*turn.* Trunk forward—*turn.* (Feet and Arms in position—*place*, 1, 2.)
7. a. Forward—*march.* Class—*halt*, 1, 2.
[The class may be turned to the right or left before the command “Forward—*march*”.]
- b. Heels—*raise.* Knees—*bend.* Knees—*stretch.* Heels—*lower.* [Each of these movements should be done quickly].
- c. First Skipping exercise, ready—*go.* Class—*halt.* [On the word “ready,” the arms to be extended to “sideways stretch” position. On “go,” the skipping is commenced.]
8. (Arms forward—*raise.*) With deep breathing, Arm parting by numbers—1, 2. (Arms downward—*lower.*)

*See footnote to Table 1.

TABLE 10.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
FORWARD AND UPWARD,
LOWERING SIDEWAYS AND
DOWNWARD.

- b.* HEAD BENDING FORWARD
AND BACKWARD.

- c.* ALTERNATE HIPS FIRM AND
NECK REST.

2. TRUNK BENDING BACKWARD.
TRUNK BENDING FORWARD
Hips firm.

3. ARM STRETCHING SIDEWAYS,
FORWARD, UPWARD AND
DOWNWARD.

4. HEEL RAISING AND KNEE
BENDING. *Arms bend.*

COMMANDS.

1. *a.* With deep breathing, Arms forward and
upward—*raise*. Arms sideways and
downward—*lower*.

- b.* Head forward—*bend*. Head upward—
stretch. Head backward—*bend*. Head
upward—*stretch*.

- c.* Hips—*firm*. Neck—*rest*. (*Attention*).

2. (Hips—*firm*). Trunk backward — *bend*.
Trunk upward — *stretch*. Trunk
forward — *bend*. Trunk upward—
stretch. (*Attention*).

3. Arms sideways — *stretch*, 1, 2. Arms
forward—*stretch*, 1, 2. Arms upward—
stretch, 1, 2. Arms downward—
stretch 1, 2.

4. (Arms upward — *bend*). Heels — *raise*.
Knees—*bend*. Knees—*stretch*. Heels
—*lower*. (Arms downward—*stretch*)

TABLE 10—(continued).

EXERCISES.

COMMANDS.

5. ARM RAISING FORWARD AND
SWINGING SIDEWAYS.

5. (Arms forward—*raise*). Arms sideways—*swing*. Arms forward—*swing*. (Arms downward—*lower*).

6. TRUNK BENDING SIDEWAYS,
Hips firm.

6. (Hips—*firm*). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (*Attention*).

7. a. MARCHING IN TWOS AND
FOURS.

7. a. One to the right, one to the left, forward—*march*. Centre—*twos*. Two to the right, two to the left—*divide*. Centre—*fours*. Two to the right, two to the left—*divide*. Centre—*twos*. To the right (or left) in one line, forward—*march*.

b. RUNNING GAME* *or* MARCH-
ING ON THE TOES.

b. Heels—*raise*. Forward—*march*. Class—*halt*, 1, 2, 3,

8. BREATHING. *Hips firm*.

8. (Hips—*firm*). Breathe—*in*. Breathe—*out* *or* Breathing—*commence*. (*Attention*)

*See footnote to Table 1.

TABLE 11.

EXERCISES.

1. *a.* BREATHING. ARM RAISING.
FORWARD AND PARTING.

b. HIPS FIRM AND NECK
REST.

c. FEET ASTRIDE PLACING
WITH HIPS FIRM.

2. *a.* TRUNK BENDING BACKWARD
Arms bend.

b. TRUNK BENDING FORWARD
AND DOWNWARD. *Feet*
astride, Arms upward
stretch.

3. ARM STRETCHING FORWARD
AND SIDEWAYS.

COMMANDS.

1. *a.* (Arms forward—*raise.*) With deep
breathing, Arm parting by numbers—
1, 2. (Arms downward—*lower.*)

b. Hips—*firm.* Neck—*rest.* (*Attention.*)

c. With feet astride, hips—*firm, 1, 2.*
Feet and Arms in position—*place, 1, 2.*

2. *a.* (Arms upward—*bend.*) Trunk backward
—*bend.* Trunk upward — *stretch.*
(Arms downward—*stretch.*)

b. (With feet astride, arms upward —
stretch, 1, 2.) Trunk forward and
downward—*bend.* Trunk forward and
upward—*stretch.* (Feet and Arms in
position—*place 1, 2.*)

3. Arms forward—*stretch, 1, 2.* Arms side-
ways—*stretch, 1, 2.* (Arms downward
stretch, 1, 2.)

TABLE 11.—(continued).

EXERCISES.

COMMANDS.

HEEL RAISING. *Neck rest.*

4. (Neck—*rest.*) Heels—*raise*. Heels—*lower*.
(*Attention.*)

ARM FLINGING. *Arms across bend.*

5. (Arms across—*bend*). Arms—*fling*. Arms
—*bend*. (*Attention*).

TRUNK TURNING. *Feet astride, Hips firm.*

6. (With feet astride, hips—*firm*, 1, 2. Trunk to the left—*turn*. Trunk forward—*turn*. Trunk to the right—*turn*. Trunk forward—*turn*. (Feet and Arms in position—*place*, 1, 2).

a. MARCHING. RUNNING.

7. a. Forward—*march*. Class—*halt*, 1, 2.
[The Class may be turned to the right or left, before the command, “Forward — *march*.”] Forward — *run*. Class—*halt*, 1, 2, 3, 4.

b. UPWARD JUMP. *Hips firm.*

b. (Hips—*firm*). Upward — *jump*, 1, 2, (3, 4), 5, 6. or, [The numbers may be omitted, and the command should then be given, Upward jump—*go*.] (*Attention*).

c. GAME.*

BREATHING. *Hands on chest.*

8. (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing — *commence*. (*Attention*).

*See footnote to Table 1.

TABLE 12.

EXERCISES.

1. a. HEAD TURNING. *Hips firm*

b. BREATHING. ARMS RAISING
SIDEWAYS.

c. FOOT PLACING SIDEWAYS.
Hips firm.

2. TRUNK BENDING FORWARD.
Arms bend.

3. ARM STRETCHING UPWARD
AND DOWNWARD.

4. HEEL RAISING. ALTERNATE
HIPS FIRM AND NECK
REST. *Hips firm.*

5. ARM TURNING OUTWARD AND
INWARD.

COMMANDS.

1. a. (Hips—*firm.*) Head to the left—*turn*
Head forward—*turn*. Head to the
right — *turn*. Head forward—*turn*
(*Attention*).

b. With deep breathing, Arms sideways—
raise. Arms downward—*lower*.

c. (Hips—*firm.*) Left foot sideways—*place*
Recover—*place*. Right foot sideways—
—*place*. Recover—*place*. (*Attention*)

2. (Arms upward—*bend*). Trunk forward—
bend. Trunk upward—*stretch*. (Arms
downward—*stretch*).

3. Arms upward and downward—*stretch*, 1, 2,
3, 4.

4. (Hips—*firm.*) Heels—*raise*. Neck—*rest*
Hips—*firm*. Heels—*lower*. (*Attention*)

5. Arm turning outward and inward 1
numbers—1, 2.

TABLE 12.—(continued).

EXERCISES.	COMMANDS.
<p>a. TRUNK TURNING. <i>Arms bend.</i></p>	<p>6. a. (Arms upward—<i>bend</i>). Trunk to the left—<i>turn</i>. Trunk forward—<i>turn</i>. Trunk to the right—<i>turn</i>. Trunk forward—<i>turn</i>. (Arms downward—<i>stretch</i>.)</p>
<p>b. TRUNK BENDING SIDEWAYS <i>Feet astride, Hips firm.</i></p>	<p>b. (With feet astride, hips—<i>firm, 1, 2</i>). Trunk to the left—<i>bend</i>. Trunk upward—<i>stretch</i>. Trunk to the right—<i>bend</i>. Trunk upward—<i>stretch</i>. (Feet and Arms in position—<i>place, 1, 2</i>.)</p>
<p>a. MARCHING.</p>	<p>7. a. Forward—<i>march</i>. Class—<i>halt, 1, 2</i>. [The class may be turned to the right or left, before the command “Forward—<i>march</i>.”]</p>
<p>b. ASTRIDE JUMPING. <i>Hips firm.</i></p>	<p>b. (Heels—<i>raise</i>.) Astride jumping—<i>begin, 1, 2</i>. Class—<i>halt, 1, 2</i>. (Heels—<i>lower</i>.)</p>
<p>c. GAME.*</p>	
<p>BREATHING. <i>Hips firm.</i></p>	<p>8. (Hips—<i>firm</i>.) Breathe—<i>in</i>. Breathe—<i>out</i>. or, Breathing—<i>commence</i>. (<i>Attention</i>.)</p>

* See footnote to Table 1.

TABLE 13.

EXERCISES.	COMMANDS.
1. <i>a.</i> BREATHING. <i>Hands on Chest.</i>	1. <i>a.</i> (Hands on chest— <i>place</i>). Breathe— <i>in</i> . Breathe— <i>out</i> or Breathing— <i>commence</i> (<i>Attention</i>).
<i>b.</i> ALTERNATE NECK REST, HIPS FIRM, WITH FEET CLOSING AND OPENING.	<i>b.</i> With feet close, neck— <i>rest</i> . With feet open, hips— <i>firm</i> . (<i>Attention</i>).
<i>c.</i> ALTERNATE HEEL RAISING <i>Hips firm.</i>	<i>c.</i> (Hips— <i>firm</i>). Alternate heel raising, left (or right) foot— <i>begin</i> , 1, 2. Class— <i>halt</i> , 1, 2. (<i>Attention</i>).
2. <i>a.</i> HEAD BENDING BACKWARD. <i>Arms bend.</i>	2. <i>a.</i> (Arms upward— <i>bend</i>). Head backward— <i>bend</i> . Head upward— <i>stretch</i> . (Arms downward— <i>stretch</i> .)
<i>b.</i> TRUNK BENDING FORWARD. <i>Hips firm.</i>	<i>b.</i> (Hips— <i>firm</i>). Trunk forward— <i>bend</i> . Trunk upward— <i>stretch</i> . (<i>Attention</i>).
3. ARM STRETCHING SIDEWAYS. HAND CLOSING AND OPENING.	3. (Arms sideways— <i>stretch</i> , 1, 2). Hands— <i>close</i> . Hands— <i>open</i> . (Arms downward— <i>stretch</i> , 1, 2).
4. HEEL RAISING. HEAD TURNING. <i>Hips firm.</i>	4. (Hips— <i>firm</i> .) Heels— <i>raise</i> . Head to the left— <i>turn</i> . Head forward— <i>turn</i> . Heels— <i>lower</i> . Heels— <i>raise</i> . Head to the right— <i>turn</i> . Head forward— <i>turn</i> . Heels— <i>lower</i> . (<i>Attention</i>).
5. ARM RAISING FORWARD AND SWINGING SIDEWAYS.	5. (Arms forward— <i>raise</i>). Arms sideways— <i>swing</i> . Arms forward— <i>swing</i> . (Arms downward— <i>lower</i>).

TABLE 13—(continued).

EXERCISES.	COMMANDS.
. TRUNK BENDING SIDEWAYS. <i>Feet close, Hips firm.</i>	6. (With feet close, hips— <i>firm</i>). Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . (<i>Attention</i>).
. a. MARCHING.	7. a. Forward— <i>march</i> . Class— <i>halt, 1, 2</i> . [The class may be turned to the right or left before the command "Forward— <i>march</i> ."]]
b. SLOW MARCH.	b. Slow march, left foot— <i>begin 1, 2, 3, 4</i> . [On 1, the left foot is moved forward and the toe touches the ground; on 2 the left heel is lowered. On 3 and 4 these movements are repeated with the right foot]. Class— <i>halt, 1, 2</i> . [On 1, an ordinary marching step is taken with the left foot: on 2, the right foot is brought forward to Attention].]
c. GAME* or JUMPING.	c. Upward— <i>jump, 1, 2, (3, 4), 5, 6</i> . [On 1 and 2, the heels are raised and the knees bent; on (3, 4), the jump is made; on 5 and 6, the knees are stretched and the heels lowered].]
. BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.	8. With deep breathing, Arms forward and upward— <i>raise</i> . Arms sideways and downward— <i>lower</i> .

*See footnote to Table 1.

TABLE 14.

EXERCISES.	COMMANDS.
1. <i>a.</i> HEAD BENDING FORWARD. <i>Feet close, Hips firm.</i>	1. <i>a.</i> (With feet close, hips— <i>firm.</i>) Head forward— <i>bend.</i> Head upward— <i>stretch.</i> (<i>Attention</i>).
<i>b.</i> BREATHING. ARM RAISING FORWARD AND PARTING.	<i>b.</i> (Arms forward — <i>raise</i>). With deep breathing, Arm parting by numbers— <i>1, 2.</i> (Arms downward— <i>lower.</i>)
<i>c.</i> FOOT PLACING OUTWARD. <i>Hips firm.</i>	<i>c.</i> (Hips— <i>firm.</i>) Feet full — <i>open.</i> Left foot outward— <i>place.</i> Recover— <i>place.</i> Right foot outward— <i>place.</i> Recover— <i>place.</i> (<i>Attention</i>).
2. <i>a.</i> TRUNK BENDING BACKWARD <i>Arms bend.</i>	2. <i>a.</i> (Arms upward— <i>bend.</i>) Trunk backward — <i>bend.</i> Trunk upward — <i>stretch.</i> (Arms downward— <i>stretch.</i>)
<i>b.</i> TRUNK BENDING FORWARD AND DOWNWARD. <i>Feet astride, Arms upward stretch.</i>	<i>b.</i> (With feet astride, arms upward— <i>stretch.</i> <i>1, 2.</i>) Trunk forward and downward — <i>bend.</i> Trunk forward and upward — <i>stretch.</i> (Feet and Arms in position — <i>place, 1, 2.</i>)
3. ALTERNATE ARM STRETCHING UPWARD AND DOWNWARD.	3. (Arms upward— <i>bend.</i>) Right arm upward left arm downward— <i>stretch.</i> Arm — <i>bend.</i> Left arm upward, right arm downward — <i>stretch.</i> Arms — <i>bend.</i> (Arms downward— <i>stretch.</i>)

TABLE 14.—(continued).

EXERCISES.	COMMANDS.
HEEL RAISING. <i>Feet astride, Arms bend.</i>	4. (With feet astride, arms upward— <i>bend</i> , 1, 2.) Heels— <i>raise</i> . Heels— <i>lower</i> . (Feet and Arms in position— <i>place</i> , 1, 2)
ARM RAISING FORWARD AND UPWARD, SWINGING DOWNWARD AND BACKWARD.	5. Arms forward and upward— <i>raise</i> . Arms downward and backward— <i>swing</i> . Arms forward and upward— <i>swing</i> . (Arms forward and downward— <i>lower</i> .)
TRUNK TURNING. <i>Feet astride, Arms bend.</i>	6. (With feet astride, arms upward— <i>bend</i> , 1, 2.) Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (Feet and Arms in position— <i>place</i> , 1, 2.)
a. MARCHING.	7. a. Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left, before the command, “Forward— <i>march</i> .”]
b. RUNNING, or, SKIPPING, or, JUMPING.	b. Forward— <i>run</i> . Class— <i>halt</i> , 1, 2, 3, 4. or, <i>Skipping</i> exercise, ready— <i>go</i> . [On the word “ready,” the arms to be extended to the “sideways stretch position.” On “go,” the skipping is commenced.] or, Heels— <i>raise</i> . Astride jumping— <i>begin</i> , 1, 2. Heels— <i>lower</i> .
BREATHING. <i>Hips firm.</i>	8. (Hips— <i>firm</i> .) Breathe— <i>in</i> . Breathe— <i>out</i> , or, Breathing— <i>commence</i> . (<i>Attention</i>).

TABLE 15.

EXERCISES.	COMMANDS.
1. a. FOOT PLACING OUTWARD. <i>Hips firm.</i>	1. a. (Hips— <i>firm</i>). Left foot outward— <i>place</i> . Recover— <i>place</i> . Right foot outward— <i>place</i> . Recover— <i>place</i> . (<i>Attention</i>).
b. HEAD TURNING. <i>Arms bend.</i>	b. (Arms upward— <i>bend</i>). Head to the left— <i>turn</i> . Head forward— <i>turn</i> . Head to the right— <i>turn</i> . Head forward— <i>turn</i> . (Arms downward— <i>stretch</i>).
c. BREATHING. <i>Arms raising sideways.</i>	c. With deep breathing, Arms sideways— <i>raise</i> . Arms downward— <i>lower</i> .
2. TRUNK BENDING BACKWARD. TRUNK BENDING FORWARD. <i>Feet astride, Arms across bend.</i>	2. (With feet astride, arms across— <i>bend</i> . 1, 2. Trunk backward— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk forward— <i>bend</i> . Trunk upward— <i>stretch</i> . (Feet and arms in position— <i>place</i> , 1, 2).
3. ARM STRETCHING UPWARD, DOWNWARD, FORWARD AND SIDEWAYS.	3. Arms upward— <i>stretch</i> , 1, 2. Arms downward— <i>stretch</i> , 1, 2. Arms forward— <i>stretch</i> , 1, 2. Arms sideways— <i>stretch</i> , 1, 2. (Arms downward— <i>stretch</i> , 1, 2).
4. HEEL RAISING, KNEE BENDING. <i>Neck rest.</i>	4. (Neck— <i>rest</i>). Heels— <i>raise</i> . Knees— <i>bend</i> . Knees— <i>stretch</i> . Heels— <i>lower</i> . (<i>Attention</i>).

TABLE 15—(continued).

EXERCISES.	COMMANDS.
5. ARM FLINGING. <i>Arms across bend.</i>	5. (Arms across— <i>bend</i>). Arms— <i>fling</i> . Arms— <i>bend</i> . (<i>Attention</i>).
6. TRUNK BENDING SIDEWAYS. <i>Feet close, Arms bend.</i>	6. (With feet close, arms upward — <i>bend</i>). Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk to the right— <i>bend</i> . Trunk upward — <i>stretch</i> . (Feet and Arms— <i>Attention</i>).
7. a. MARCHING. RUNNING.	7. a. Forward — <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left, before the command “Forward — <i>march</i> .”] or Forward— <i>run</i> . Class— <i>halt</i> , 1, 2, 3, 4.
b. UPWARD JUMP <i>twice</i> . <i>Hips firm.</i>	b. (Hips— <i>firm</i>). Twice upward— <i>jump</i> , 1, 2, (3, 4,) (5, 6,) 7, 8. [The first jump is taken on 3 and 4, the second on 5 and 6], (<i>Attention</i>).
c. GAME*	
8. BREATHING. <i>Hands on Chest.</i>	8. (Hands on chest— <i>place</i>). Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing— <i>commence</i> (<i>Attention</i>).

*See footnote to Table 1.

TABLE 16.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
FORWARD AND UPWARD,
LOWERING SIDWAYS AND
DOWNWARD.

- b.* FEET CLOSING AND OPENING.
Arms bend.

- c.* HEAD BENDING BACKWARD.
Hips firm.

2. TRUNK BENDING FORWARD.
Feet close, arms bend.

3. ALTERNATE ARM STRETCHING
UPWARD AND DOWNWARD.

4. HEEL RAISING WITH ARM
RAISING SIDWAYS. HAND
CLOSING AND OPENING.

COMMANDS.

1. *a.* With deep breathing, arms forward and
upward—*raise*. Arms sideways and
downward—*lower*.

- b.* (Arms upward — *bend*). Feet — *close*.
Feet — *open*. (Arms downward —
stretch).

- c.* (Hips—*firm*). Head backward—*bend*.
Head upward—*stretch*. (*Attention*).

2. (With feet close, arms upward—*bend*).
Trunk forward—*bend*. Trunk upward—
stretch. (Feet and arms—*Attention*).

3. (Arms upward—*bend*). Right arm upward,
left arm downward—*stretch*. Arms—
bend. Left arm upward, right arm
downward — *stretch*. Arms — *bend*.
(Arms downward—*stretch*.)

4. (Heels and arms sideways—*raise*). Hand
closing and opening by numbers—1, 2
(Heels and arms downward—*lower*).

TABLE 16—(continued).

EXERCISES.	COMMANDS.
<hr/>	<hr/>
. ARM RAISING FORWARD AND UPWARD, SWINGING DOWNWARD AND BACKWARD.	5. Arms forward and upward— <i>raise</i> . Arms downward and backward— <i>swing</i> . Arms forward and upward— <i>swing</i> . (Arms forward and downward— <i>lower</i>).
. TRUNK TURNING. <i>Feet close, Arms bend</i>).	6. (With feet close, arms upward— <i>bend</i>). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (Feet and arms— <i>Attention</i>).
. a. MARCHING. RUNNING.	7. a. Forward— <i>march</i> . Class— <i>halt, 1, 2</i> . [The class may be turned to the right or left before the command "Forward— <i>march</i> ."] or Forward— <i>run</i> . Class— <i>halt, 1, 2, 3, 4</i> .
b. CHANGE OF STEP MARCHING.	b. With change of step, forward— <i>march</i> . Class— <i>halt, 1, 2</i> .
c. GAME.*	
. BREATHING. <i>Hips firm</i> .	8. (Hips— <i>firm</i>). Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing— <i>commence</i> . (<i>Attention</i>)

See footnote to Table 1.

TABLE 17.

EXERCISES.

1. *a.* MARKING TIME WITH KNEE RAISING. MARCHING.
- b.* BREATHING. ARM RAISING FORWARD AND PARTING.
- c.* HEAD BENDING BACKWARD AND FORWARD.
2. *a.* TRUNK BENDING FORWARD. *Feet astride, Hips firm.*
- b.* TRUNK BENDING FORWARD AND DOWNWARD. *Feet astride. Arms upward stretch.*
3. ARM STRETCHING SIDEWAYS AND DOWNWARD.
4. HEEL RAISING. *Foot outward place, Hips firm.*
5. ARM RAISING FORWARD AND SWINGING SIDEWAYS.

COMMANDS.

1. *a.* With knee raising, mark—*time*. Class—*halt, 1, 2. or, Forward—march*. Class—*halt, 1, 2.*
- b.* (Arms forward—*raise*.) With deep breathing, arm parting by numbers—*1, 2.* (Arms downward—*lower*.)
- c.* Head backward—*bend*. Head upward—*stretch*. Head forward—*bend*. Head upward—*stretch*.
2. *a.* (With feet astride, hips—*firm, 1, 2.* Trunk forward—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place, 1, 2.*)
- b.* (With feet astride, arms upward—*stretch, 1, 2.*) Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place, 1, 2.*)
3. Arms sideways and downward—*stretch, 1, 2, 3, 4.*
4. (Hips—*firm*. Feet full—*open*. Left (right) foot outward—*place*.) Heels—*raise*. Heels—*lower*. Feet—*change*. Heels—*raise*. Heels—*lower*. (Recover—*place. Attention.*)
5. (Arms forward—*raise*.) Arms sideways—*swing*. Arms forward—*swing*. (Arms downward—*lower*.)

TABLE 17—(continued).

EXERCISES.

COMMANDS.

TRUNK BENDING SIDEWAYS.
*Right hand hip firm, Left
 hand neck rest.*

6. (Right hand hip firm, left hand neck—*rest.*)
 Trunk to the right—*bend.* Trunk
 upward — *stretch.* Arms — *change.*
 Trunk to the left — *bend.* Trunk
 upward — *stretch.* * Arms — *change.*
 (*Attention*). [In all trunk movements
 taken from this position of the arms,
 the trunk is bent or turned towards
 the arm which is *lower*, that is in the
 “Hip firm position.”]

a. SKIPPING, or GAME*

7. a. First Skipping exercise, ready — *go.*
 Class—*halt.* [On the word “ready,”
 the arms are extended to the “side
 ways stretch” position. On “go,”
 the skipping is commenced.]

b. JUMPING OVER A ROPE.

b. With three (or five) steps forward off the
 left (or right) foot—*jump.* [It is not
 necessary to give this command to
 each child, the words Next—*go*, being
 sufficient.] The children may jump
 one, two, three or four abreast. For
 little children the rope should only
 be raised a few inches from the floor.

BREATHING, ARM RAISING
 SIDEWAYS.

8. With deep breathing, arms sideways—
raise. Arms downwards—*lower.*

*See footnote to Table 1.

TABLE 18.

EXERCISES

1. a. HEAD TURNING. *Arms bend.*

b. BREATHING. *Hands on chest.*

c. FOOT PLACING FORWARD. *Hips firm.*

2. TRUNK BENDING BACKWARD.
TRUNK BENDING FORWARD.
Feet astride, Arms across bend.

3. ARM STRETCHING UPWARD AND DOWNWARD. HAND CLOSING AND OPENING.

4. HEEL RAISING AND KNEE BENDING. ALTERNATE HIPS FIRM AND ARMS UPWARD BEND.

COMMANDS.

1. a. (Arms upward—*bend*). Head to the left—*turn*. Head forward—*turn*. Head to the right—*turn*. Head forward—*turn*. (Arms downward—*stretch*).

b. (Hands on chest—*place*). Breathe—in. Breathe — out. or, Breathing — commence. (*Attention*).

c. (With hips firm, feet full—*open*). Left foot forward—*place*. Recover—*place* (or Feet—*change*, 1, 2). Right foot forward — *place*. Recover — *place* (*Attention*).

2. (With feet astride, arms across—*bend*, 1, 2). Trunk backward — *bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place* 1, 2).

3. (Arms upward—*stretch*, 1, 2). Hands—*close*. Hands—*open*. (Arms downward—*stretch* 1, 2).

4. (Hips—*firm*). Heels—*raise*. Knees—*bend*. Arms — *bend*. Hips — *firm*. Knees — *stretch*. Heels — *lower*. (*Attention*).

TABLE 18.—(continued).

EXERCISES.	COMMANDS.
5. ARM FLINGING. <i>Arms across bend.</i>	5. (Arms across— <i>bend</i>). Arms—fling. Arms— <i>bend</i> . (<i>Attention</i>).
6. a. TRUNK TURNING. <i>Feet astride, Arms bend.</i>	6. a. (With feet astride, arms upward— <i>bend</i> . 1, 2). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (Feet and arms in position— <i>place</i> 1, 2).
b. TRUNK BENDING SIDEWAYS, <i>Feet astride, Hips firm.</i>	b. (With feet astride, hips— <i>firm</i> , 1, 2). Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . (Feet and arms in position— <i>place</i> 1, 2).
7. a. MARCHING.	7. a. Forward — <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left before the command “Forward— <i>march</i> .”]
b. UPWARD JUMP, or GAME.*	b. Upward— <i>jump</i> , 1, 2, (3, 4), 5, 6. [On 1 and 2, the heels are raised and the knees bent; on (3, 4,) the jump is made; on 5 and 6, the knees are stretched and the heels lowered].
8. BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.	8. With deep breathing, arms forward and upward— <i>raise</i> . Arms sideways and downward— <i>lower</i> .

*See footnote to Table 1.

TABLE 19.

EXERCISES.

1. *a.* ALTERNATE HIPS FIRM,
NECK REST WITH FEET
CLOSING AND OPENING.

b. BREATHING. *Hips firm.*

c. ARM TURNING OUTWARD
AND INWARD.

2. *a.* TRUNK BENDING BACKWARD.
Arms bend.

b. TRUNK BENDING FORWARD
AND DOWNWARD. *Feet*
astride, Arms upward
stretch.

3. ARM STRETCHING FORWARD
AND DOWNWARD.

4. HEEL RAISING. *Feet astride,*
Neck rest.

COMMANDS.

1. *a.* With feet close, hips—*firm.* With feet
open, neck—*rest.* (*Attention.*)

b. (Hips—*firm.*) Breathe—*in.* Breathe
—*out.* or, Breathing — *commence.*
(*Attention.*)

c. Arm turning outward and inward by
numbers—*1, 2.*

2. (Arms upward—*bend.*) Trunk backward—
bend. Trunk upward—*stretch.* (Arms
downward—*stretch.*)

b. (With feet astride, arms upward—*stretch*
1, 2.) Trunk forward and downward—
bend. Trunk forward and upward—
stretch.) (Feet and arms in position
—*place, 1, 2.*)

3. Arms forward and downward -- *stretch,*
1, 2, 3, 4.

4. (With feet astride, neck—*rest, 1, 2.*) Heels—
—*raise.* Heels—*lower.* (Feet and
arms in position—*place, 1, 2.*)

TABLE 19.—(continued).

EXERCISES.	COMMANDS.
ARM RAISING FORWARD AND UPWARD, SWINGING FORWARD AND SIDEWAYS.	5. (Arms forward and upward— <i>raise</i> .) Arms forward and sideways— <i>swing</i> . Arms forward and upward— <i>swing</i> . (Arms forward and downward— <i>lower</i> .)
TRUNK TURNING. <i>Arms across bend.</i>	6. (Arms across— <i>bend</i> .) Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (<i>Attention</i> .)
a. MARCHING. RUNNING.	7. a. Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left, before the command "Forward— <i>march</i> ."] Forward— <i>run</i> . Class— <i>halt</i> , 1, 2, 3, 4.
b. CHANGE OF STEP MARCHING.	b. With change of step, forward— <i>march</i> . Class— <i>halt</i> , 1, 2.
c. SKIPPING or GAME.*	c. Skipping exercise, ready— <i>go</i> . [On the word "ready," the arms are extended to the "sideways stretch" position. On " <i>go</i> ," the skipping is commenced.]
BREATHING. ARM RAISING FORWARD AND PARTING.	8. (Arms forward— <i>raise</i> .) With deep breathing, arm parting by numbers—1, 2. (Arms downward— <i>lower</i> .)

*See footnote to Table 1.

TABLE 20.

EXERCISES.

COMMANDS.

- | | |
|---|--|
| <p>1. <i>a.</i> HEAD BENDING BACKWARD.
<i>Hips firm.</i></p> <p><i>b.</i> FEET ASTRIDE PLACING
WITH ARM STRETCHING
SIDEWAYS.</p> <p><i>c.</i> BREATHING. <i>Hands on
chest.</i></p> <p>2. TRUNK BENDING BACKWARD.
TRUNK BENDING FORWARD.
<i>Arms bend.</i></p> <p>3. ALTERNATE ARM STRETCHING,
UPWARD AND DOWNWARD.</p> | <p>1. <i>a.</i> (<i>Hips—firm</i>). Head backward—<i>bend</i>.
Head upward—<i>stretch</i>. (<i>Attention</i>)</p> <p><i>b.</i> With feet astride, arms sideways—<i>stretch</i>.
<i>1, 2.</i> [On <i>1</i>, the left foot is moved
to the side and the arms are bent upward.
On <i>2</i>, the right foot is moved to the
other side and the arms are stretched side-
ways.] Feet and arms in position
<i>place, 1, 2.</i> [On <i>1</i>, the left foot
is brought back and the arms bent. On
<i>2</i>, the right foot is brought back and
the arms stretched downward.]</p> <p><i>c.</i> (<i>Hands on chest—place</i>). Breathe—<i>in</i>.
Breathe—<i>out</i>. or, Breathing—<i>commence</i>. (<i>Attention</i>).</p> <p>2. (<i>Arms upward—bend</i>.) Trunk backward—<i>bend</i>.
Trunk upward—<i>stretch</i>. Trunk
downward—<i>bend</i>. Trunk upward—<i>stretch</i>.
(<i>Arms downward—stretch</i>).</p> <p>3. (<i>Arms upward—bend</i>). Right arm upward—<i>bend</i>.
Left arm downward—<i>stretch</i>. Arms
downward—<i>bend</i>. Left arm upward, right arm
downward—<i>stretch</i>. Arms—<i>bend</i>.
(<i>Arms downward—stretch</i>).</p> |
|---|--|

TABLE 20.—(continued).

EXERCISES.	COMMANDS.
<p>HEEL RAISING AND KNEE BENDING. <i>Arms across bend.</i></p>	<p>4. (Arms across—<i>bend</i>). Heels—<i>raise</i>. Knees—<i>bend</i>. Knees—<i>stretch</i>. Heels—<i>lower</i>. (<i>Attention</i>).</p>
<p>ARMS FLINGING. <i>Arms across bend.</i></p>	<p>5. (Arms across—<i>bend</i>). Arms—<i>fling</i>. Arms—<i>bend</i>. (<i>Attention</i>).</p>
<p>TRUNK BENDING SIDEWAYS. <i>Feet astride, Hips firm.</i></p>	<p>6. (With feet astride, hips — <i>firm</i>, 1, 2). Trunk to the left—<i>bend</i>. Trunk upward—<i>stretch</i>. Trunk to the right — <i>bend</i>. Trunk upward — <i>stretch</i>, (Feet and arms in position—<i>place</i> 1, 2).</p>
<p>a. MARCHING.</p>	<p>7. a. Forward—<i>march</i>. Class—<i>halt</i>, 1, 2. [The class may be turned to the right or left, before the command “Forward—<i>march</i>.”]</p>
<p>b. HOP MARCH, WITH KNEE RAISING. <i>Hands on hips.</i></p>	<p>b. (Hands on hips—<i>place</i>). Hop march, with knee raising—<i>begin</i>. Class—<i>halt</i>, 1, 2. (<i>Attention</i>).</p>
<p>c. JUMPING OR GAME.*</p>	<p>c. Heels—<i>raise</i>. Astride jumping—<i>begin</i>, 1, 2. Heels—<i>lower</i>.</p>
<p>BREATHING. ARM RAISING SIDEWAYS.</p>	<p>8. With deep breathing, arms sideways—<i>raise</i>. Arms downwards—<i>lower</i>.</p>

*See footnote to Table 1.

TABLE 21.

EXERCISES.

1. *a.* ALTERNATE TOE RAISING.
Hips firm.
- b.* MARKING TIME. MARCHING.
- c.* BREATHING. ARM RAISING
SIDEWAYS AND UPWARD,
LOWERING SIDEWAYS AND
DOWNWARD.
2. *a.* TRUNK BENDING FORWARD
Feet close, Hips firm.
- b.* TRUNK BENDING FORWARD
AND DOWNWARD. *Feet*
astride, Arms upward
stretch.
3. ARM STRETCHING UPWARD AND
DOWNWARD, *twice.*
4. HEEL RAISING AND KNEE
BENDING. ARM STRETCH-
ING SIDEWAYS, *once.* *Arms*
bend.

COMMANDS.

1. *a.* (Hips—*firm.*) Alternate toe raising,
left (or right) foot—*begin*, 1, 2. Class
—*halt*, 1, 2. (*Attention*).
- b.* Mark—*time.* Class—*halt*, 1, 2. or,
Forward—*march.* Class—*halt*, 1, 2.
[The class may be turned to the right
or left, before the command “Forward
—*march.*”]
- c.* With deep breathing, arms sideways
and upward—*raise.* Arms sideways
and downward—*lower.*
2. *a.* (With feet close, hips—*firm*). Trunks
forward — *bend.* Trunk upward —
stretch. (*Attention*).
- b.* (With feet astride, arms upward —
stretch, 1, 2.) Trunk forward and
downward—*bend.* Trunk forward and
upward—*stretch.* (Feet and arms in
position—*place*, 1, 2).
3. Arms upward—*stretch*, 1, 2. Repeat—1, 2.
Arms downward — *stretch*, 1, 2.
Repeat—1, 2.
4. (Arms upward — *bend*). Heels — *raise.*
Knees — *bend.* Arms sideways —
stretch. Arms—*bend.* Knees—*stretch.*
Heels — *lower.* (Arms downward—
stretch). [This exercise must be
repeated as a whole, the arms to be
stretched *once* only while the knees are
bent.]

TABLE 21.—(continued).

EXERCISES.	COMMANDS.
5. ARM RAISING FORWARD AND UPWARD, SWINGING DOWNWARD AND BACKWARD.	5. (Arms forward and upward— <i>raise</i>). Arms downward and backward— <i>swing</i> . Arms forward and upward— <i>swing</i> . (Arms sideways and downward— <i>lower</i>).
6. a. TRUNK TURNING. <i>Feet close, Hips firm.</i>	6. a. (With feet close, hips— <i>firm</i>). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (<i>Attention</i>).
b. TRUNK BENDING SIDWAYS. <i>Hips firm.</i>	b. (Hips— <i>firm</i>). Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . (<i>Attention</i>).
7. a. SKIPPING, or GAME.*	7. a. First (or Second) skipping exercise, ready— <i>go</i> . Class— <i>halt</i> . [On the word “ready,” the arms are raised to the “sideways stretch” position. On “go,” the skipping is commenced.]
b. ASTRIDE JUMPING.	b. Heels— <i>raise</i> . Astride jumping— <i>begin</i> , 1, 2. Heels— <i>lower</i> .
3. BREATHING. <i>Attention.</i>	8. Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing— <i>commence</i> .

*See footnote to Table 1.

TABLE 22.

EXERCISES.

1. *a.* FOOT PLACING FORWARD.
Hips firm.

- b.* BREATHING. *Hands on chest.*

- c.* HEAD BENDING BACKWARD AND FORWARD. *Hips firm.*

2. TRUNK BENDING BACKWARD.
TRUNK BENDING FORWARD.
Feet astride, Arms bend.

3. ARM STRETCHING UPWARD AND
SIDWAYS. HAND CLOSING
AND OPENING.

4. HEEL RAISING. ALTERNATE
ARMS BEND, NECK REST.
Feet astride, Arms bend.

COMMANDS.

1. *a.* (With hips firm, feet full—*open*). Left foot forward—*place*. Recover—*place* (or Feet—*change*, 1, 2). Right foot forward — *place*. Recover — *place* (*Attention*).

- b.* (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*).

- c.* (Hips—*firm*). Head backward—*bend*. Head upward—*stretch*. Head forward — *bend*. Head upward — *stretch*. (*Attention*).

2. (With feet astride, arms upward—*bend* 1, 2). Trunk backward — *bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place* 1, 2).

3. Arms upward—*stretch*, 1, 2. Hands—*close*. Hands — *open*. Arms sideways — *stretch*, 1, 2. Hands—*close*. Hand — *open*. Arms downward — *stretch* 1, 2.

4. (With feet astride, arms upward—*bend* 1, 2). Heels—*raise*. Neck—*rest*. Arms—*bend*. Heels—*lower*. (Feet and arms in position—*place*, 1, 2).

TABLE 22 (continued).

EXERCISES.	COMMANDS.
—	—
ARM RAISING FORWARD AND SWINGING SIDEWAYS.	5. (Arms forward— <i>raise</i>). Arms sideways— <i>swing</i> . Arms forward — <i>swing</i> . (Arms downward— <i>lower</i>).
TRUNK TURNING. <i>Feet astride,</i> <i>Arms across bend.</i>	6. (With feet astride, arms across— <i>bend</i> , 1, 2). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (Feet and arms in position— <i>place</i> , 1, 2).
a. MARCHING. JUMPING.	7. a. Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left before the command “Forward — <i>march</i> .”] Upward jump — <i>go</i> . [Heels to be raised, knees bent, jump taken, then knees stretched and heels lowered.]
b. MARCHING ON THE TOES.	b. Heels— <i>raise</i> . Forward— <i>march</i> . Class — <i>halt</i> , 1, 2, 3.
c. RUNNING or GAME.*	c. Forward— <i>run</i> . Class— <i>halt</i> , 1, 2, 3, 4.
BREATHING. <i>Hips firm.</i>	8. (Hips— <i>firm</i>). Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing — <i>commence</i> . (<i>Attention</i>).

*See footnote to Table 1.

TABLE 23.

EXERCISES.

1. *a.* BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.
- b.* HEAD TURNING.
- c.* FOOT PLACING OUTWARD.
Hips firm.
2. TRUNK BENDING FORWARD.
TRUNK BENDING BACKWARD. *Feet astride, Arms bend.*
3. ARM STRETCHING UPWARD, FORWARD, SIDEWAYS AND DOWNWARD.
4. HEEL RAISING AND KNEE BENDING. ARM STRETCHING FORWARD, *once.*

COMMANDS.

1. *a.* With deep breathing, arms forward and upward—*raise*. Arms sideways and downward—*lower*.
- b.* Head to the left—*turn*. Head forward—*turn*. Head to the right—*turn*. Head forward—*turn*.
- c.* (With hips firm, feet full—*open*.) Left foot outward—*place*. Recover—*place* (or Feet—*change*, 1, 2.) Right foot outward—*place*. Recover—*place* (*Attention*).
2. (With feet astride, arms upward—*bend*, 1, 2). Trunk forward—*bend*. Trunk upward—*stretch*. Trunk backward—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*, 1, 2).
3. Arms upward—*stretch*, 1, 2. Arms forward—*stretch*, 1, 2. Arms sideways—*stretch*, 1, 2. Arms downward—*stretch*, 1, 2.
4. Heels—*raise*. Knees—*bend*. Arms forward—*stretch*, 1, 2. Knees—*stretch*. Heels—*lower*. Arms downward—*stretch*, 1, 2.

TABLE 23.—(continued).

EXERCISES.	COMMANDS.
5. ARM FLINGING. <i>Arms across bend, Trunk forward bend.</i>	5. (Arms across— <i>bend</i> . Trunk forward— <i>bend</i>). Arms— <i>fling</i> . Arms — <i>bend</i> . (Trunk upward— <i>stretch</i> . <i>Attention</i>).
6. TRUNK BENDING SIDEWAYS. <i>Arms across bend.</i>	6. (Arms across— <i>bend</i>). Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . (<i>Attention</i>).
7. a. MARCHING.	7. a. Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left before the command, "Forward— <i>march</i> ."]
b. HOP MARCH. <i>or</i> , SKIPPING. <i>or</i> , GAME.*	b. (Hands on hips— <i>place</i>). Hop marching with knee raising— <i>begin</i> . Class— <i>halt</i> , 1, 2. (<i>Attention</i>). <i>or</i> , First Skipping exercise, ready— <i>go</i> . Class— <i>halt</i> . [On the word "ready," the arms are extended to the "sideways stretch" position. On "go," the skipping is commenced.]
8. BREATHING. ARM RAISING SIDEWAYS.	8. With deep breathing, arms sideways— <i>raise</i> . Arms downward— <i>lower</i> .

*See footnote to Table 1.

TABLE 24.

EXERCISES.

1. *a.* MARKING TIME WITH KNEE RAISING. MARCHING.

- b.* HEAD BENDING BACKWARD.
Feet astride, hips firm.

- c.* BREATHING. *Hands on chest.*

2. *a.* TRUNK BENDING BACKWARD.
Feet close, Hips firm.

- b.* TRUNK BENDING FORWARD AND DOWNWARD. *Feet astride, Arms upward stretch.*

3. ARM STRETCHING FORWARD AND SIDEWAYS, *twice.*

4. HEEL RAISING AND KNEE BENDING. ALTERNATE HIPS FIRM AND ARMS UPWARD BEND.

COMMANDS.

1. *a.* With knee raising, mark—*time*. Class —*halt*, 1, 2. Forward—*march*. Class —*halt*, 1, 2. [The class may be turned to the right or left before the command “Forward—*march*.”]

- b.* (With feet astride, hips—*firm*, 1, 2). Head backward—*bend*. Head upward—*stretch*. (Feet and arms in position—*place*, 1, 2).

- c.* (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*).

2. *a.* (With feet close, hips—*firm*). Trunk backward—*bend*. Trunk upward—*stretch*. (Feet and arms—*Attention*).

- b.* (With feet astride, arms upward—*stretch* 1, 2). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place*. 1, 2).

3. Arms forward—*stretch*, 1, 2. Repeat, 1, 2. Arms sideways—*stretch*, 1, 2. Repeat, 1, 2. (Arms downward—*stretch*, 1, 2).

4. Heels—*raise*. Knees—*bend*. Hips—*firm*. Arms upward—*bend*. Knees—*stretch*. Heels—*lower*. Arms downward—*stretch*.

TABLE 24.—(continued).

EXERCISES.

5. ARM RAISING FORWARD AND UPWARD, SWINGING DOWNWARD AND BACKWARD.

6. TRUNK TURNING. *Right hand Hip firm, left hand Neck rest.*

7. a. SKIPPING or GAME.*

b. UPWARD JUMP, *twice*. *Hips firm.*

8. BREATHING. ARM RAISING, FORWARD AND PARTING.

COMMANDS.

5. (Arms forward and upward—*raise*). Arms downward and backward—*swing*. Arms forward and upward—*swing*. (Arms forward and downward—*lower*).

6. (Right hand hips firm, left hand neck—*rest*). Trunk to the right—*turn*. Trunk forward—*turn*. Arms—*change*. Trunk to the left—*turn*. Trunk forward—*turn*. (*Attention*).

7. a. Second Skipping exercise, ready—*go*. Class—*halt*. [On the word “ready,” the arms are extended to the “side-ways stretch” position. On “go,” the skipping is commenced].

b. (Hips—*firm*). Twice upward—*jump*, 1, 2, (3, 4), (5, 6), 7, 8. [The first jump is taken on 3 and 4, the second on 5 and 6]. (*Attention*).

8. (Arms forward—*raise*). With deep breathing, Arm parting by numbers—1, 2. (Arms downward—*lower*).

*See footnote to Table 1.

TABLE 25.

EXERCISES.

1. a. ARM TURNING OUTWARD AND INWARD.
- b. BREATHING. ARM RAISING SIDEWAYS.
- c. FOOT PLACING OUTWARD, HEEL RAISING. *Hips firm.*
2. TRUNK BENDING BACKWARD AND FORWARD. *Feet astride, Arms bend.*
3. ARM STRETCHING UPWARD, SIDEWAYS AND DOWNWARD. HAND CLOSING AND OPENING.
4. HEEL RAISING AND KNEE BENDING. ARM STRETCHING UPWARD. *Arms bend.*

COMMANDS.

1. a. Arm turning outward and inward by numbers—1, 2.
- b. With deep breathing, Arms sideways—*raise*. Arms downward—*lower*.
- c. (Hips—*firm*. Feet full—*open*. Left foot outward—*place*). Heels—*raise*. Heels—*lower*. Feet—*change*, 1, 2. Heels—*raise*. Heels—*lower*. (Recover—*place*. *Attention*). [Feet change. On 1, the left foot is brought back to position ; on 2, the right foot is placed outward.]
2. (With feet astride, arms upward—*bend*, 1, 2). Trunk backward—*bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*, 1, 2).
3. Arms upward—*stretch*, 1, 2. Hands—*close*. Hands—*open*. Arms sideways—*stretch*, 1, 2. Hands—*close*. Hands—*open*. Arms downward—*stretch*, 1, 2.
4. (Arms upward—*bend*). Heels—*raise*. Knees—*bend*. Arms upward—*stretch*. Arms—*bend*. Knees—*stretch*. Heels—*lower*. (Arms downward—*stretch*).

TABLE 25.—(continued).

EXERCISES.	COMMANDS.
5. ARM RAISING FORWARD AND UPWARD, AND PARTING.	5. (Arms forward and upward— <i>raise</i>). Arm parting by numbers— <i>1, 2</i> . (Arms forward and downward— <i>lower</i>). [On 1, the arms are lowered until they are level with the shoulders with the palms turned upward; on 2, the arms are brought back to the “upward raise” position.]
6. TRUNK BENDING SIDeways. <i>Feet astride, Hips firm.</i>	6. (With feet astride, hips— <i>firm, 1, 2</i>). Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . (Feet and arms in position— <i>place, 1, 2</i>).
7. a. MARCHING. RUNNING.	7. a. Forward — <i>march</i> . Class— <i>halt, 1, 2</i> . [The class may be turned to the right or left before the command “Forward— <i>march</i> .”] Forward— <i>run</i> . Class— <i>halt, 1, 2, 3, 4</i> .
b. CHANGE OF STEP MARCHING.	b. With change of step, forward— <i>march</i> . Class— <i>halt, 1, 2</i> .
c. GAME.*	
8. BREATHING. <i>Hands on chest.</i>	8. (Hands on chest— <i>place</i>). Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing— <i>commence</i> . (<i>Attention</i>).

*See footnote to Table 1.

TABLE 26.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
SIDEWAYS AND UPWARD,
LOWERING SIDEWAYS AND
DOWNWARD.
- b.* HEAD BENDING BACKWARD
AND FORWARD. *Hips*
firm.
- c.* FOOT PLACING FORWARD.
(*Hips firm*).
2. *a.* TRUNK BENDING BACKWARD.
Feet astride, Arms across
bend.
- b.* TRUNK BENDING FORWARD
AND DOWNWARD. *Feet*
astride, Arms upward
stretch.
3. ARM STRETCHING BACKWARD
AND UPWARD.
4. HEEL RAISING. HEAD TURN-
ING. *Hips firm.*

COMMANDS.

1. *a.* With deep breathing, arms sideways
and upward—*raise*. Arms sideways
and downward—*lower*.
- b.* (*Hips—firm*). Head backward—*bend*.
Head upward—*stretch*. Head forward
—*bend*. Head upward — *stretch*.
(*Attention*).
- c.* (*Hips—firm*). Right foot forward—*place*.
Feet—*change, 1, 2*. (*Recover—place*.
Attention).
2. *a.* (With feet astride, arms across—*bend*,
1, 2). Trunk backward — *bend*.
Trunk upward—*stretch*. (*Feet and*
arms in position—place, 1, 2).
- b.* (With feet astride, arms upward—*stretch*
1, 2). Trunk forward and downward
—*bend*. Trunk forward and upward—
stretch. (*Feet and arms in position—*
place, 1, 2).
3. Arms backward and upward—*stretch, 1, 2*,
3, 4. (*Arms downward—stretch, 1, 2*).
4. (*Hips—firm*). Heels—*raise*. Head to the
left — *turn*. Head forward — *turn*.
Head to the right—*turn*. Head forward
—*turn*. Heels—*lower*. (*Attention*).

TABLE 26—(continued).

EXERCISES.	COMMANDS.
ARM RAISING FORWARD AND PARTING. <i>Trunk forward bend.</i>	5. (Trunk forward— <i>bend</i>). Arms forward— <i>raise</i> . Arm parting by numbers, 1, 2. Arms downward— <i>lower</i> . (Trunk upward— <i>stretch</i>).
6. TRUNK TURNING. <i>Arms across bend.</i>	6. (Arms across— <i>bend</i>). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (<i>Attention</i>).
7. a. MARCHING.	7. a. Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left before the command “Forward— <i>march</i> .”]
b. ASTRIDE JUMPING, WITH ARM RAISING SIDEWAYS.	b. (Heels— <i>raise</i> . With arms raising sideways, astride jumping— <i>begin</i> , 1, 2. Class— <i>halt</i> , 1, 2. Heels— <i>lower</i> . [On 1, the feet take the astride position on the toes and the arms are raised to the level of the shoulders; on 2, the heels are brought together and the arms are lowered to the sides.]
c. GAME.*	
8. BREATHING. <i>Attention</i> .	8. Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing <i>commence</i> .

*See footnote to Table 1.

TABLE 27.

EXERCISES.

1. *a.* HEAD TURNING. *Feet close, Arms bend.*

- b.* FOOT PLACING SIDEWAYS. *Hips firm.*

- c.* BREATHING. *Hands on chest.*

2. TRUNK BENDING BACKWARD AND FORWARD. *Arms bend.*

3. ALTERNATE ARM STRETCHING UPWARD AND SIDEWAYS. *Arms bend.*

4. HEEL RAISING AND KNEE BENDING. ARM STRETCHING SIDEWAYS, *twice.* *Arms bend.*

COMMANDS.

1. *a.* (With feet close, arms upward—*bend*). Head to the left—*turn*. Head forward—*turn*. Head to the right—*turn*. Head forward—*turn*. (Feet and arms—*Attention*).

- b.* (Hips—*firm*). Left foot sideways—*place*. Feet—*change, 1, 2.* (Recover—*place. Attention.*) [On 1, the left foot is brought back to position; on 2, the right foot is placed sideways.]

- c.* (Hands on chest—*place*). Breathe—*in*. Breathe—*out.* or, Breathing—*commence.* (*Attention*).

2. (Arms upward—*bend*). Trunk backward—*bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch.* (Arms downward—*stretch*).

3. (Arms upward—*bend*). Left arm upward, right arm sideways—*stretch.* Arms—*bend.* Left arm sideways, right arm upward—*stretch.* Arms—*bend.* (Arms downward—*stretch*).

4. (Arms upward—*bend*). Heels—*raise.* Knees—*bend.* Arms sideways—*stretch.* Repeat—*1, 2.* Knees—*stretch.* Heels—*lower.* (Arms downward—*stretch, 1, 2*).

TABLE 27.—(continued).

EXERCISES.	COMMANDS.
5. ARM RAISING FORWARD AND UPWARD, SWINGING FORWARD AND SIDWAYS.	5. (Arms forward and upward— <i>raise</i>). Arms forward and sideways— <i>swing</i> . Arms forward and upward— <i>swing</i> . (Arms forward and downward— <i>lower</i>).
6. a. TRUNK TURNING. <i>Feet close, Hips firm.</i>	6. a. (With feet elose, hips— <i>firm</i>). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (Feet and arms— <i>Attention</i>).
b. TRUNK BENDING SIDWAYS. <i>Feet astride, Arms bend.</i>	b. (With feet astride, arms upward— <i>bend</i> , 1, 2). Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . (Feet and arms in position— <i>place</i> 1, 2)
7. a. MARCHING.	7. a. Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left before the command “Forward— <i>march</i> .”]
b. HOP MARCH WITH LEG RAISED BACKWARD. <i>Hands on hips.</i>	b. (Hands on hips— <i>place</i>). Hop march with leg raised backward— <i>begin</i> . Class— <i>halt</i> , 1, 2. (<i>Attention</i>).
c. GAME.* or SKIPPING.	c. Second Skipping exercise, ready— <i>go</i> . Class— <i>halt</i> . [On the word “ready,” the arms are extended to the “side-ways stretch” position. On “go,” the skipping is commenced.]
8. BREATHING. <i>Attention.</i>	8. Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing— <i>commence</i> .

*See footnote to Table 1.

TABLE 28.

EXERCISES.

1. *a.* FOOT PLACING FORWARD.
HEEL RAISING. *Hips firm.*

b. BREATHING. ARM TURNING
OUTWARD AND INWARD.

c. MARKING TIME WITH KNEE
RAISING. MARCHING.

2. *a.* TRUNK BENDING BACKWARD
Hips firm.

b. TRUNK BENDING FORWARD
AND DOWNWARD. *Feet*
astride, Arms upward
stretch.

3. ARM STRETCHING SIDEWAYS
AND DOWNWARD, *twice.*

4. HEEL RAISING AND KNEE
BENDING. HEAD TURNING.
Hips firm.

COMMANDS.

1. *a.* (*Hips—firm. Feet full—open. Left*
foot forward—place. Heels—raise.
Heels—lower. Feet—change, 1, 2.
Heels—raise. Heels—lower. (Re-
cover — place. Attention). [Feet
change. On 1, the left foot is brought
back to position; on 2, the right foot
is placed forward.]

b. With deep breathing, arms outward and
inward—*turn, 1, 2.*

c. With knee raising, mark—*time. Class—*
halt, 1, 2. Forward—march. Class
—halt, 1, 2. [The class may be
turned to the right or left before the
command “Forward—march.”]

2. *a.* (*Hips—firm*). Trunk backward—*bend.*
Trunk upward—*stretch. (Attention).*

b. (*With feet astride, arms upward—stretch*
1, 2). Trunk forward and downward
—bend. Trunk forward and upward
—stretch. (Feet and arms in position
—place, 1, 2).

3. Arms sideways—*stretch, 1, 2. Repeat, 1,*
2. Arms downward—stretch, 1, 2.
Repeat, 1, 2.

4. (*Hips—firm*). Heels—*raise. Knees—bend.*
Head to the left—turn. Head forward
—turn. Head to the right—turn.
Head forward—turn. Knees—stretch.
Heels—lower. (Attention).

TABLE 28—(continued).

EXERCISES.	COMMANDS.
5. ARM FLINGING. <i>Arms across bend, Trunk forward bend.</i>	5. (Arms across— <i>bend</i> . Trunk forward— <i>bend</i> . Arms— <i>fling</i> . Arms— <i>bend</i> . (Trunk upward— <i>stretch</i> . <i>Attention</i>).
6. TRUNK TURNING, <i>Right hand neck rest, Left arm bend.</i>	6. (Right hand neck rest, left arm upward— <i>bend</i>). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Arms— <i>change</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (<i>Attention</i>). [In all trunk movements taken from this position of the arms, the trunk is bent or turned to the side of the arm which is lower, that is in the Arms upward bend position.]
7. <i>a. SKIPPING or JUMPING.</i>	7. <i>a. Second Skipping exercise, ready—go. Class—halt</i> [On the word “ready,” the arms are extended to the “sideways stretch” position. On “go,” the skipping is commenced.] <i>or</i> (Hips— <i>firm</i>). Twice upward— <i>jump, 1, 2, (3, 4), (5, 6), 7, 8.</i> [The first jump is taken on 3 and 4, the second on 5 and 6.] (<i>Attention</i>).
<i>b. RUNNING MAZE.*</i>	
8. BREATHING. <i>Hips firm.</i>	8. (Hips— <i>firm</i>). Breathe— <i>in</i> . Breathe— <i>out</i> . <i>or, Breathing—commence.</i> (<i>Attention</i>).

*See footnote to Table 1.

TABLE 29.

EXERCISES.	COMMANDS.
1. a. BREATHING. <i>Attention.</i>	1. a. Breathe — <i>in.</i> Breathe — <i>out.</i> or, Breathing— <i>commence.</i>
b. FOOT PLACING SIDEWAYS. <i>Hips firm.</i>	b. (Hips — <i>firm</i>). Left foot sideways— <i>place.</i> Feet— <i>change, 1, 2.</i> (Feet and arms— <i>Attention</i>).
c. HEAD BENDING BACKWARD.	c. Head backward— <i>bend.</i> Head upward— <i>stretch.</i>
2. TRUNK BENDING BACKWARD AND FORWARD. <i>Feet astride, Arms across bend.</i>	2. (With feet astride, arms across— <i>bend 1, 2</i>) Trunk backward— <i>bend.</i> Trunk up- ward— <i>stretch.</i> Trunk forward— <i>bend.</i> Trunk upward— <i>stretch.</i> (Feet and Arms in position— <i>place, 1, 2</i>).
3. ARM STRETCHING UPWARD, FORWARD AND DOWNWARD. HAND CLOSING AND OPENING.	3. Arms upward— <i>stretch, 1, 2.</i> Hands— <i>close.</i> Hands— <i>open.</i> Arms forward— <i>stretch,</i> <i>1, 2.</i> Hands— <i>close.</i> Hands— <i>open.</i> Arms downward— <i>stretch, 1, 2.</i> Hands <i>close.</i> Hands— <i>open.</i>
4. HEELS RAISING, ARM STRETCH- ING SIDEWAYS AND UPWARD. <i>Arms bend.</i>	4. (Arms upward— <i>bend</i>). Heels— <i>raise.</i> Arms sideways and upward— <i>stretch, 1, 2,</i> <i>3, 4.</i> Heels— <i>lower.</i> (Arms down- ward— <i>stretch</i>).

TABLE 29—(continued).

EXERCISES.	COMMANDS.
5. ARM RAISING SIDEWAYS AND UPWARD AND PARTING.	5. Arms sideways and upward— <i>raise</i> . Arm parting by numbers—1, 2. (Arms sideways and downward— <i>lower</i>).
6. TRUNK TURNING. <i>Neck rest</i> .	6. (Neck— <i>rest</i>). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Trunk to the right— <i>turn</i> . Trunk forward— <i>turn</i> . (<i>Attention</i>).
7. <i>a</i> . MARCHING. RUNNING.	7. <i>a</i> . Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left before the command “Forward— <i>march</i> .”] Forward— <i>run</i> . Class— <i>halt</i> , 1, 2, 3, 4.
<i>b</i> . UPWARD JUMP WITH ARM FLINGING. <i>Arms across bend</i> .	<i>b</i> . (Arms across— <i>bend</i>). With arm flinging, upward— <i>jump</i> , 1, 2, (3, 4), 5, 6. (<i>Attention</i>). [The arm flinging is taken with the jump on 3 and 4.]
8. BREATHING. ARM RAISING SIDEWAYS.	8. With deep breathing, Arms sideways— <i>raise</i> . Arms downward— <i>lower</i> .

TABLE 30.

EXERCISES.

1. a. FOOT PLACING FORWARD.
Hips firm.
- b. BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.
- c. HEAD BENDING BACKWARD AND FORWARD. *Hips firm.*
2. a. TRUNK BENDING FORWARD.
Arms across bend.
- b. TRUNK BENDING FORWARD AND DOWNWARD. *Feet astride, Arms upward stretch.*
3. ALTERNATE ARM STRETCHING UPWARD AND FORWARD.
4. a. TOE SUPPORT PLACING OUTWARD. *Hips firm.*
- b. HEEL RAISING AND KNEE BENDING. ARM STRETCHING SIDEWAYS *twice. Arms bend.*

COMMANDS.

1. a. (Hips—*firm*. Left foot forward—*place*). Feet—*change*, 1, 2. Feet—*change*, 1, 2. (Feet and arms—*Attention*).
- b. With deep breathing, Arms forward and upward—*raise*. Arms sideways and downward—*lower*.
- c. (Hips—*firm*). Head backward—*bend*. Head upward—*stretch*. Head forward—*bend*. Head upward—*stretch*. (*Attention*)
2. a. (Arms across—*bend*). Trunk forward—*bend*. Trunk upward—*stretch*. (*Attention*).
- b. (With feet astride, arms upward—*stretch*, 1, 2). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place*, 1, 2).
3. (Arms upward—*bend*). Right arm upward, left arm forward—*stretch*. Arms—*bend*. Left arm upward, right arm forward—*stretch*. Arms—*bend*. (Arms downward—*stretch*).
4. a. (Hips—*firm*). Left foot outward on the toe—*place*. Recover—*place*. Right foot outward on the toe—*place*. Recover—*place*. (*Attention*).
- b. (Arms upward—*bend*). Heels—*raise*. Knees—*bend*. Arms sideways—*stretch*. Arms—*bend*. Arms sideways—*stretch*. Arms—*bend*. Knees—*stretch*. Heels—*lower*. (Arms downward—*stretch*).

TABLE 30—(continued).

EXERCISES.	COMMANDS.
5. ARM RAISING FORWARD AND FLINGING UPWARD.	5. (Arms forward— <i>raise</i>). Arms upward— <i>fling</i> . Arms forward— <i>lower</i> . Arms upward— <i>fling</i> . (Arms forward and downward— <i>lower</i>).
6. TRUNK BENDING SIDEWAYS. <i>Feet astride, Right hand hip firm, Left arm bend.</i>	6. (With feet astride, right hand hip firm, left arm upward— <i>bend, 1, 2</i>). Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . Arms— <i>change</i> . Trunk to the left— <i>bend</i> . Trunk upward— <i>stretch</i> . (Feet and arms in position— <i>place, 1, 2.</i>)
7. a. MARCHING.	7. a. Forward— <i>march</i> . Class— <i>halt, 1, 2</i> . [The class may be turned to the right or left, before the command "Forward— <i>march.</i> "]
b. ASTRIDE JUMPING WITH ARM RAISING SIDEWAYS.	b, (Heels— <i>raise</i>). With arm raising sideways, astride jumping— <i>begin, 1, 2</i> . Class— <i>halt, 1, 2</i> . (Heels— <i>lower</i>). [On 1, the feet take the astride position on the toes and the arms are raised to the shoulder line; on 2, the heels are brought together and the arms are lowered.]
c. GAME.*	
8. BREATHING. <i>Attention.</i>	8. Breathe— <i>in</i> . Breathe— <i>out</i> . or, Breathing— <i>commence</i> .

*See footnote to Table 1.

TABLE 31.

EXERCISES.	COMMANDS.
1. <i>a.</i> BREATHING. ARM RAISING FORWARD AND PARTING.	1. <i>a.</i> (Arms forward— <i>raise</i>). With deep breathing, arm parting by numbers— <i>1, 2.</i> (Arms downward— <i>lower</i>).
b. HEAD BENDING BACKWARD, WITH ARM TURNING OUTWARD AND INWARD.	b. With arm turning outward, head backward— <i>bend</i> . With arm turning inward, head upward— <i>stretch</i> .
c. TOE SUPPORT PLACING FORWARD. <i>Hips firm.</i>	c. (Hips— <i>firm</i>). Left foot forward on the toe— <i>place</i> . Recover— <i>place</i> . Right foot forward on the toe— <i>place</i> . Recover— <i>place</i> . (<i>Attention</i>).
2. TRUNK BENDING BACKWARD AND FORWARD. <i>Feet astride, Neck rest.</i>	2. (With feet astride, neck— <i>rest, 1, 2</i>). Trunk backward— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk forward— <i>bend</i> . Trunk upward— <i>stretch</i> . (Feet and arms in position— <i>place, 1, 2</i>).
3. ARM STRETCHING BACKWARD AND UPWARD.	3. Arms backward— <i>stretch, 1, 2.</i> Arms upward— <i>stretch, 1, 2.</i> (Arms downward— <i>stretch, 1, 2</i>).
4. HEEL RAISING. ARM FLINGING. <i>Arms across bend.</i>	4. (Arms across— <i>bend</i>). Heels— <i>raise</i> . Arms— <i>fling</i> . Arms— <i>bend</i> . Heels— <i>lower</i> . (<i>Attention</i>).

TABLE 31—(continued).

EXERCISES.

COMMANDS.

- | | |
|--|---|
| <p>5. ARM RAISING FORWARD AND UPWARD, SWINGING FORWARD AND SIDEWAYS.</p> | <p>5. (Arms forward and upward—<i>raise</i>). Arms forward and sideways—<i>swing</i>. Arms forward and upward—<i>swing</i>. (Arms forward and downward—<i>lower</i>).</p> |
| <p>6. TRUNK TURNING. <i>Feet close, Neck rest.</i></p> | <p>6. (With feet close, neck—<i>rest</i>). Trunk to the left—<i>turn</i>. Trunk forward—<i>turn</i>. Trunk to the right—<i>turn</i>. Trunk forward—<i>turn</i>. (Feet and arms—<i>Attention</i>).</p> |
| <p>7. <i>a.</i> MARCHING.</p> | <p>7. <i>a.</i> Forward — <i>march</i>. Class—<i>halt, 1, 2.</i>
[The class may be turned to the right or left, before the command “Forward —<i>march</i>.”]</p> |
| <p><i>b.</i> RUNNING MAZE, or GAME.*</p> | |
| <p>8. BREATHING. <i>Hands on chest.</i></p> | <p>8. (Hands on chest—<i>place</i>). Breathe—<i>in</i>. Breathe—<i>out</i>. or, Breathing—<i>commence</i>. (<i>Attention</i>).</p> |

*See footnote to Table 1.

TABLE 32.

EXERCISES.

1. *a.* MARKING TIME WITH KNEE RAISING. MARCHING.
- b.* HEAD BENDING SIDEWAYS. *Hips firm.*
- c.* BREATHING. ARM RAISING SIDEWAYS.
2. *a.* TRUNK BENDING BACKWARD. *Arms bend.*
- b.* TRUNK BENDING FORWARD AND DOWNWARD. *Feet astride, Arms upward stretch.*
3. ARM STRETCHING UPWARD, FORWARD AND DOWNWARD.
4. TOE SUPPORT PLACING BACKWARD. *Hips firm.*

COMMANDS.

1. *a.* With knee raising, mark—*time*, (left, right). Class—*halt*, 1, 2. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command “Forward—*march*.”]
- b.* (Hips—*firm*). Head to the left—*bend*. Head upward—*stretch*. Head to the right—*bend*. Head upward—*stretch*. (*Attention*).
- c.* With deep breathing, arms sideways—*raise*. Arms downward—*lower*.
2. *a.* (Arms upward—*bend*). Trunk backward—*bend*. Trunk upward—*stretch*. (Arms downward—*stretch*).
- b.* (With feet astride, arms upward—*stretch* 1, 2). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place*. 1, 2).
3. Arms upward, forward and downward—*stretch*, 1, 2, 3. 4, 5, 6.
4. (Hips—*firm*). Left foot backward on the toe—*place*. Recover—*place*. Right foot backward on the toe—*place*. Recover—*place*. (*Attention*).

TABLE 32 (continued).

EXERCISES.

COMMANDS.

5. ARM FLINGING. *Feet close, Arms across bend. Trunk forward bend.*
6. TRUNK BENDING SIDEWAYS. *Feet astride. Right arm upward, Left arm downward stretch.*
7. a. FORWARD JUMP. *Hips firm.*

b. HOP MARCH or SKIPPING.
5. (With feet close, arms across—*bend*. Trunk forward—*bend*). Arms—*fling*. Arms—*bend*. (Trunk upward—*stretch*. (Feet and arms—*Attention*).
6. (With feet astride, right arm upward, left arm downward—*stretch*, 1, 2). Trunk to the left—*bend*. Trunk upward—*stretch*. Arms—*change*, Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*, 1, 2).
7. a. (*Hips firm*). Forward—*jump*, 1, 2, (3, 4), 5, 6. (*Attention*). [On 1, the heels are *quickly* raised; on 2, the knees are bent, on 3 and 4, the class jump one step forward, keeping the feet together; on 5 the knees are stretched, and on 6, the heels are lowered.]

b. (Hands on hips—*place*). Hop march with knee raising—*begin*. Class—*halt*, 1, 2. (*Attention*).

or, Second Skipping exercise, ready,—*go*. Class—*halt*. [On the word “ready,” the arms are extended to the “sideways stretch” position. On “go,” the skipping is commenced.]
8. BREATHING. *Attention*.
8. Breathe—*in*. Breathe—*out*. or, Breathing—*commence*.

TABLE 33.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
SIDeways AND UPWARD,
LOWERING SIDeways AND
DOWNWARD.
- b.* FOOT PLACING OUTWARD
WITH HIPS FIRM.
- c.* HEAD TURNING. *Feet close,*
Arms bend.
2. TRUNK BENDING BACKWARD
AND FORWARD. *Neck rest.*
3. ARM STRETCHING UPWARD AND
DOWNWARD.
4. HEEL RAISING AND KNEE
BENDING. ARM STRETCH-
ING UPWARD AND SIDE-
WAYS. *Arms bend.*
5. ARM RAISING FORWARD AND
UPWARD, AND PARTING.

COMMANDS.

1. *a.* With deep breathing, arms sideways and
upward—*raise*. Arms sideways and
downward—*lower*.
- b.* (With the left foot outward, Hips—*firm*).
Feet and arms—*change*, 1, 2. (Feet
and arms—*Attention*).
- c.* (With feet close, arms upward—*bend*).
Head to the left—*turn*. Head forward
—*turn*. Head to the right—*turn*.
Head forward—*turn*. (Feet and arms
—*Attention*).
2. (Neck—*rest*). Trunk backward — *bend*.
Trunk upward—*stretch*. Trunk for-
ward—*bend*. Trunk upward—*stretch*.
(*Attention*.)
3. Arms upward—*stretch*, 1, 2. Arms down-
ward—*stretch*, 1, 2. [The numbers
1, 2, may be omitted from the
command.]
4. (Arms upward — *bend*). Heels — *raise*.
Knees—*bend*. Arms upward—*stretch*.
Arms—*bend*. Arms sideways—*stretch*.
Arms—*bend*. Knees—*stretch*. Heels
—*lower*. (Arms downward—*stretch*).
5. (Arms forward and upward—*raise*). Arm
parting by numbers—1, 2. (Arms
sideways and downward—*lower*).

TABLE 33.—(continued).

EXERCISES.

6. a. TRUNK TURNING. *Arms across bend.*

b. TRUNK BENDING SIDEWAYS.
Feet close, Arms bend.

7. a. MARCHING.

b. DANCING STEP FORWARD.
Hands on hips.

or, JUMPING OVER A ROPE.

c. GAME.*

8. BREATHING. *Attention.*

COMMANDS.

6. a. (Arms across—*bend*). Trunk to the left—*turn*. Trunk forward—*turn*. Trunk to the right—*turn*. Trunk forward—*turn*. (*Attention*).

b. (With feet close, arms upward—*bend*). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and arms—*Attention*).

7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command “Forward—*march*.”]

b. (Hands on hips—*place*). Left foot forward on the toe—*place*. Dancing step—*begin*, 1, 2. (*Attention*). [On 1, the left foot is brought back to the position of attention, while the right foot glides into the “Toe support place” position; on 2, the right foot glides back and the left foot forward.]

or, With three (or five) steps forward off the left (or right) foot—*jump*. [It is not necessary to give this command to each child, the words Next—*go*, being sufficient.] The children may jump one, two, three, or four abreast. For little children the rope should only be raised a few inches from the floor.

8. Breathe—*in*. Breathe—*out*. or, Breathing—*commence*.

*See footnote to Table 1.

TABLE 34.

EXERCISES.

1. a. HEAD BENDING BACKWARD AND FORWARD. *Hips firm.*
- b. BREATHING. *Hands on chest.*
- c. FOOT PLACING SIDEWAYS WITH HIPS FIRM.
2. a. TRUNK BENDING FORWARD. *Arms across bend.*
- b. TRUNK BENDING FORWARD AND DOWNWARD. *Feet astride, Arms upward stretch.*
3. ARM STRETCHING UPWARD, SIDEWAYS AND DOWNWARD.
4. HEEL RAISING AND KNEE BENDING. HEAD TURNING. *Arms bend.*

COMMANDS.

1. a. (Hips—*firm*). Head backward—*bend*. Head upward—*stretch*. Head forward—*bend*. Head upward—*stretch*. (*Attention*).
- b. (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*.)
- c. (With the left foot sideways, hips—*firm*). Feet and arms—*change*. (Feet and arms—*Attention*)
2. a. (Arms across—*bend*). Trunk forward—*bend*. Trunk upward—*stretch*. (*Attention*).
- b. (With feet astride, arms upward—*stretch*, 1, 2). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place*, 1, 2).
3. Arms upward, sideways and downward—*stretch*, 1, 2, 3, 4, 5, 6.
4. (Arms upward—*bend*. Heels—*raise*. Knees—*bend*. Head to the left—*turn*. Head forward—*turn*. Head to the right—*turn*. Head forward—*turn*. Knees—*stretch*. Heels—*lower*. (Arms downward—*stretch*).

TABLE 34.—(continued).

EXERCISES.

COMMANDS.

5. ARM RAISING FORWARD AND UPWARD, SWINGING FORWARD AND SIDEWAYS, DOWNWARD AND BACKWARD.

5. (Arms forward and upward—*raise*.) Arms forward and sideways—*swing*. Arms forward and upward—*swing*. Arms downward and backward—*swing*. Arms forward and upward—*swing*. (Arms forward and downward—*lower*).

6. TRUNK BENDING SIDEWAYS.
Feet astride, Left hand hip firm, Right hand neck rest.

6. (With feet astride, left hand hip firm, right hand neck—*rest*, 1, 2). Trunk to the left—*bend*. Trunk upward—*stretch*. Arms—*change*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*, 1, 2).

7. a. MARCHING.

7. a. Forward—*march*. Class—*halt*, 1, 2.
[The class may be turned to the right or left, before the command "Forward—*march*."]

b. CHANGE OF STEP MARCHING.

b. With change of step, forward—*march*. Class—*halt*, 1, 2.

c. JUMPING or GAME.*

c. (Hips—*firm*). Twice upward—*jump*, 1, 2, (3, 4), (5, 6), 7, 8. [The first jump is taken on 3 and 4, the second on 5 and 6.] (*Attention*).

8. BREATHING. ARM TURNING OUTWARD AND INWARD.

8. With deep breathing, arms outward and inward—*turn*, 1, 2.

*See footnote to Table 1.

TABLE 35.

EXERCISES

1. *a.* HEAD BENDING SIDEWAYS.
Feet astride. Hips firm.
- b.* BREATHING. *Attention.*
- c.* TOE SUPPORT PLACING FORWARD. *Hips firm.*
- d.* HEEL RAISING AND KNEE BENDING. *Arms bend.*
2. TRUNK BENDING BACKWARD AND FORWARD. *Neck rest.*
3. ALTERNATE ARM STRETCHING UPWARD AND BACKWARD.
4. KNEE RAISING. *Hips firm.*

COMMANDS.

1. *a.* (With feet astride, hips—*firm*, 1, 2). Head to the left—*bend*. Head upward—*stretch*. Head to the right—*bend*. Head upward—*stretch*. (Feet and arms in position—*place*, 1, 2).
- b.* Breathe — *in*. Breathe — *out*. or, Breathing—*commence*.
- c.* (Hips—*firm*). Left foot forward on the toe—*place*. Reever—*place*. Right foot forward on the toe—*place*. Reever—*place*. (*Attention*).
- d.* (Arms upward—*bend*). Heels—*raise*. Knees—*bend*. Knees—*stretch*. Heels—*lower*. (Arms downward—*stretch*).
2. (Neck—*rest*). Trunk backward—*bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. (*Attention*).
3. (Arms upward—*bend*). Right arm upward left arm backward—*stretch*. Arms—*bend*. Left arm upward, right arm backward — *stretch*. Arms — *bend*. (Arms downward—*stretch*).
4. (Hips—*firm*). Left knee—*raise*. Knee—*lower*. Right knee—*raise*. Knee—*lower*. (*Attention*).

TABLE 35.—(continued).

EXERCISES.	COMMANDS.
5. ARM FLINGING. <i>Arms across bend. Trunk forward bend.</i>	5. (Arms across— <i>bend</i> . Trunk forward— <i>bend</i>). Arms— <i>fling</i> . Arms— <i>bend</i> . (Trunk upward— <i>stretch</i> . <i>Attention</i>).
6. TRUNK TURNING. <i>Right hand neck rest, Left arm bend.</i>	6. (Right hand neck rest, left arm upward— <i>bend</i>). Trunk to the left— <i>turn</i> . Trunk forward— <i>turn</i> . Arms— <i>change</i> . Trunk to the right— <i>turn</i> . Trunk forward — <i>turn</i> . Arms — <i>change</i> . (<i>Attention</i>).
7. a. MARCHING.	7. a. Forward— <i>march</i> . Class— <i>halt</i> , 1, 2. [The class may be turned to the right or left before the command “Forward— <i>march</i> .”]
b. UPWARD JUMP, WITH ARM STRETCHING UPWARD. <i>Arms bend.</i>	b. (Arms upward — <i>bend</i>). With arm stretching upward, upward— <i>jump</i> , 1 2, (3, 4), 5, 6. [On 1, the heels are raised; on 2, the knees bent; on 3, the class jump and stretch the arms upward; on 4, the feet touch the ground and the arms are bent; on 5 and 6, the knees are stretched and the heels lowered.]
c. GAME.*	
8. BREATHING. ARM RAISING FORWARD AND PARTING.	8. (Arms forward— <i>raise</i>). With deep breathing, arm parting by numbers, 1, 2. (Arms downward— <i>lower</i>).

*See footnote to Table 1.

TABLE 36.

EXERCISES.

1. *a.* ALTERNATE HEEL RAISING.
Hips firm.

- b.* BREATHING. ARM RAISING
FORWARD AND UPWARD,
LOWERING SIDWAYS AND
DOWNWARD.

- c.* HEAD BENDING BACKWARD
WITH ARM TURNING OUT-
WARD AND INWARD.

2. *a.* TRUNK BENDING FORWARD.
Feet astride, Arms bend.

- b.* TRUNK BENDING FORWARD
AND DOWNWARD. *Feet
astride, Arms upward
stretch.*

3. ARM STRETCHING FORWARD,
UPWARD AND DOWNWARD.

4. HEEL RAISING AND KNEE
BENDING. ARMS FLINGING.
Arms across bend.

COMMANDS.

1. *a.* (Hips—*firm*). Alternate heel raising,
left foot (or right foot)—*begin*, 1, 2.
Class—*halt*, 1, 2. (*Attention*). [The
knee is slightly bent as the heel is
raised.]

- b.* With deep breathing, arms forward and
upward—*raise*. Arms sideways and
downward—*lower*.

- c.* With arm turning outward, head back-
ward—*bend*. With arm turning in-
ward, head upward—*stretch*.

2. *a.* (With feet astride, arms upward—*bend*,
1, 2). Trunk forward—*bend*. Trunk
upward—*stretch*. (Feet and arms in
position—*place*, 1, 2).

- b.* (With feet astride, arms upward—*stretch*,
1, 2). Trunk forward and downward
—*bend*. Trunk forward and upward
—*stretch*. (Feet and arms in position
—*place*. 1, 2).

3. Arms forward, upward and downward—
stretch, 1, 2, 3, 4, 5, 6.

4. (Arms across—*bend*). Heels—*raise*. Knees
—*bend*. Arms—*fling*. Arms—*bend*.
Knees — *stretch*. Heels — *lower*.
(*Attention*).

TABLE 36—(continued).

EXERCISES.

5. ARM RAISING SIDEWAYS AND UPWARD, AND PARTING.

6. TRUNK BENDING SIDEWAYS.
Feet astride, Right arm bend, Left hand neck rest.

7. a. MARCHING.

b. DANCING STEP FORWARD.
Hands on hips. or, JUMPING OVER A ROPE.

c. GAME.*

8. BREATHING. *Hips firm.*

COMMANDS.

5. (Arms sideways and upward—*raise*). Arm parting by numbers—1, 2. (Arm sideways and downward—*lower*).

6. (With feet astride, right arm upward bend, left hand neck—*rest*, 1, 2). Trunk to the right—*bend*. Trunk upward—*stretch*. Arms—*change*. Trunk to the left—*bend*. Trunk upward—*stretch*. Arms—*change*. (Feet and arms in position—*place*, 1, 2).

7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command ‘Forward—*march*.’]

b. (Hands on hips—*place*). Left foot forward on the toe—*place*. Dancing step—*begin*, 1, 2. [On 1, the left foot is brought back to the position of attention, while the right foot glides into the toe support place position. On 2, the right foot glides back and the left foot forward.]

“The children may jump one, two, three or four abreast. The rope should be raised a reasonable height only, and attention should be paid to the style of the jumping rather than to the actual height jumped.”

8. (Hips—*firm*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*).

See footnote to Table 1.

TABLE 37.

EXERCISES.

1. *a.* HEAD BENDING SIDEWAYS.
Feet astride, Arms bend.
- b.* BREATHING. ARM RAISING
SIDEWAYS.
- c.* TOE SUPPORT PLACING
BACKWARD. *Hips firm.*
2. TRUNK BENDING FORWARD,
ARM STRETCHING SIDE-
WAYS, TRUNK BENDING
BACKWARD. *Feet astride,
Arms bend.*
3. ARM STRETCHING FORWARD,
UPWARD, SIDEWAYS AND
DOWNWARD.
4. KNEE RAISING. *Hips firm.*
5. ALTERNATE ARM FLINGING
WITH HEAD TURNING.
*Arms across bend, Trunk
forward bend.*

COMMANDS.

1. *a.* (With feet astride, arms upward—*bend*,
1, 2). Head to the left—*bend*. Head
upward—*stretch*. Head to the right
—*bend*. Head upward—*stretch*. (Feet
and Arms in position—*place*, 1, 2).
- b.* With deep breathing, arms sideways—
raise. Arms downward—*lower*.
- c.* (Hips—*firm*). Left foot backward on
the toe — *place*. Recover — *place*.
Right foot backward on the toe—
place. (*Attention*).
2. (With feet astride, arms upward—*bend*,
1, 2). Trunk forward—*bend*. Arms
sideways — *stretch*. Arms — *bend*.
Trunk upward—*stretch*. Trunk back-
ward—*bend*. Trunk upward—*stretch*.
(Feet and Arms in position—*place* 1, 2)..
3. Arms forward, upward, sideways and down-
ward—*stretch*, 1, 2, 3, 4, 5, 6, 7, 8.
4. (Hips—*firm*). Left knee—*raise*. Knee—
lower. Right knee—*raise*. Knee—
lower. (*Attention*).
5. (Arms across—*bend*. Trunk forward—
bend). Alternate arm flinging with
head turning—*right*; —*left*; —*right*;
—*left*: (*Front*). (Trunk upward—
stretch. *Attention*.) [On the command
right, the right arm is flung sideways,
and the head is turned to the right.
On the command *left*, the right arm
resumes the “across bend” position,
while the left arm is flung sideways,
and the head turned to the left. On
the command *front*, the “across bend”
position is assumed and the head is
turned forward.]

TABLE 37—(continued).

EXERCISES.

COMMANDS.

6. TRUNK BENDING SIDEWAYS.
Feet astride, Arms bend.

6. (With feet astride, arms upward—*bend*, 1, 2). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and Arms in position—*place*, 1, 2).

7. a. MARCHING.

7. a. Forward—*march*. Class—*halt*, 1, 2.
[The class may be turned to the right or left, before the command "Forward—*march*."]

b. HOP MARCH WITH LEG
RAISED BACKWARD. *Hands
on hips.*

b. (Hands on hips—*place*). Hop march with leg raised backward—*begin*. Class—*halt*, 1, 2. (*Attention*). [A step forward is taken with the left foot. The right leg is then raised backward, while a hop is made on the left foot. The same movements are repeated, beginning with the right foot. The body is *inclined* forward and slightly to one side, over the forward foot.]

*
c. GAME.*

8. BREATHING. *Hands on chest.*

8. (Hands on chest—*place*). Breathe—*in*. Breathe — *out*. or, Breathing — *commence*. (*Attention*).

*See footnote to Table 1.

TABLE 38.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
SIDeways AND UPWARD.

- b.* HEAD BENDING BACKWARD
AND FORWARD. *Arms*
bend.

- c.* FOOT PLACING FORWARD
AND OUTWARD. *Hips firm.*

2. TRUNK BENDING BACKWARD
AND FORWARD. *Feet*
astride, Neck rest.

3. ARM STRETCHING UPWARD AND
DOWNWARD, MARKING TIME
WITH KNEE RAISING.

4. HEEL RAISING AND KNEE FULL
BENDING. *Hips firm.*

COMMANDS.

1. *a.* With deep breathing, arms sideways and
upward—*raise*. Arms sideways and
downward—*lower*.

- b.* (Arms upward—*bend*). Head backward
—*bend*. Head upward—*stretch*. Head
forward—*bend*. Head upward—*stretch*.
(Arms downward—*stretch*).

- c.* (Hips—*firm*). Left foot forward—*place*.
Recover—*place*. Left foot outward—
place. Recover—*place*. Right foot
forward—*place*. Recover—*place*.
Right foot outward—*place*. Recover—
place. (*Attention*).

2. (With feet astride, neck—*rest*, 1, 2). Trunk
backward—*bend*. Trunk upward—
stretch. Trunk forward—*bend*. Trunk
upward—*stretch*. (Feet and arms in
position—*place*, 1, 2).

3. Marking time with knee raising, and arms—
upward and downward—*stretch*, 1, 2,
3, 4, 5, 6, 7, 8. Class—*halt*, 1, 2.
[There are *two* movements of the feet
to *one* of the arms, the arms moving
with the *left* foot on 1, 3, 5 and 7.]

4. (Hips—*firm*). Heels—*raise*. Knees full—
bend. Knees—*stretch*. Heels—*lower*.
(*Attention*).

TABLE 38.—(continued).

EXERCISES.

5. ARM RAISING FORWARD AND UPWARD, SWINGING FORWARD AND SIDEWAYS, DOWNWARD AND BACKWARD.

6. TRUNK TURNING, ARM FLINGING. *Arms across bend.*

7. a. MARCHING. RUNNING.

b. DANCING STEP FORWARD.
Hands on hips. or,
JUMPING.

8. BREATHING. ARM RAISING FORWARD AND PARTING.

COMMANDS.

5. (Arms forward and upward—*raise*). Arms forward and sideways—*swing*. Arms forward and upward—*swing*. Arms downward and backward—*swing*. Arms forward and upward—*swing*. (Arms forward and downward—*lower*).

6. (Arms across—*bend*). Trunk to the left—*turn*. Arms—*fling*. Arms—*bend*. Trunk forward—*turn*. Trunk to the right—*turn*. Arms—*fling*. Arms—*bend*. Trunk forward—*turn*. (*Attention*).

7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command "Forward—*march*."] Forward—*run*. Class—*halt*, 1, 2, 3, 4.

b. (Hands on hips—*place*). Left foot forward on the toe—*place*. Dancing step—*begin*, 1, 2. (*Attention*). [On 1, the left foot is brought back to the position of attention, while the right foot glides into the Toe support place position. On 2, the right foot glides back and the left foot forward.] or, (Hips—*firm*). Upward—*jump*, 1, 2, (3, 4), 5, 6. (*Attention*). [On 1 and 2, the heels are raised and the knees bent; on (3, 4), the jump is made; on 5 and 6, the knees are stretched and the heels lowered.]

8. (Arms forward—*raise*). With deep breathing, arm parting by numbers—1, 2. (Arms downward—*lower*).

TABLE 39.

EXERCISES.

1. a. BREATHING. *Hips firm.*

- b. HEAD BENDING SIDEWAYS.
Arms bend.

- c. FOOT PLACING OUTWARD.
HEEL RAISING. *Hips firm.*

2. TRUNK BENDING FORWARD,
ARM STRETCHING SIDEWAYS,
TRUNK BENDING BACKWARD. *Arms bend.*

3. ARMS STRETCHING UPWARD,
SIDEWAYS, FORWARD AND
DOWNWARD.

4. HEEL RAISING AND KNEE
BENDING, ARM STRETCHING
UPWARD, *twice.* *Arms bend.*

COMMANDS.

1. a. (Hips—*firm*). Breathe—*in.* Breathe—*out.* or, Breathing — *commence.* (*Attention*).

- b. (Arms upward—*bend*). Head to the left—*bend.* Head upward—*stretch.* Head to the right—*bend.* Head upward — *stretch.* (Arms downward—*stretch*).

- c. (Hips — *firm*). Left foot outward — *place.* Heels—*raise.* Heels—*lower.* Feet—*change, 1, 2.* Heels — *raise.* Heels—*lower.* (Feet and Arms—*Attention*).

2. (Arms upward—*bend*). Trunk forward—*bend.* Arms sideways—*stretch.* Arms — *bend.* Trunk upward — *stretch.* Trunk backward—*bend.* Trunk upward — *stretch.* (Arms downward—*stretch*).

3. Arms upward, sideways, forward and downward—*stretch, 1, 2, 3 4, 5, 6, 7, 8.*

4. (Arms upward — *bend*). Heels — *raise.* Knees—*bend.* Arms upward—*stretch.* Arms—*bend.* Knees—*stretch.* Heels —*lower.* (Arms downward—*stretch*).

TABLE 39—(continued).

EXERCISES.

COMMANDS.

- | | |
|---|--|
| <p>5. ALTERNATE HIPS FIRM AND NECK REST. <i>Hips firm. Trunk forward bend.</i></p> <p>6. TRUNK BENDING SIDWAYS. <i>Feet astride, Neck rest.</i></p> <p>7. a. MARCHING.</p> <p>b. ASTRIDE JUMPING WITH ARM FLINGING.</p> <p>c. GAME* or SKIPPING.</p> <p>8. BREATHING. (<i>Attention</i>).</p> | <p>5. (Hips—<i>firm</i>. Trunk forward—<i>bend</i>). Neck—<i>rest</i>. Hips—<i>firm</i>. (Trunk upward—<i>stretch</i>. <i>Attention</i>).</p> <p>6. (With feet astride, neck—<i>rest</i>, 1, 2). Trunk to the left—<i>bend</i>. Trunk upward—<i>stretch</i>. Trunk to the right—<i>bend</i>. Trunk upward—<i>stretch</i>. (Feet and Arms in position—<i>place</i>, 1, 2).</p> <p>7. a. Forward—<i>march</i>. Class—<i>halt</i>, 1, 2. [The class may be turned to the right or left before the command "Forward—<i>march</i>."]]</p> <p>b. (Arms across—<i>bend</i>). Heels—<i>raise</i>. With arm flinging, astride jumping—<i>begin</i>, 1, 2. Class—<i>halt</i>, 1, 2. Heels—<i>lower</i>. (<i>Attention</i>). [On 1, the feet take the astride position on the toes and the arms are "flung"; on 2, the heels are brought together, and the arms to the position of "arms across bend."]</p> <p>c. Second Skipping exercise, ready—<i>go</i>. Class—<i>halt</i>. [On the word "ready," the arms are extended to the "side-ways stretch" position. On "go," the skipping is commenced.]</p> <p>8. Breathe—<i>in</i>. Breathe—<i>out</i>. or, Breathing—<i>commence</i>.</p> |
|---|--|

*See footnote to Table 1.

TABLE 40.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
SIDEWAYS.
- b.* OUTWARD LUNGE. *Hips*
firm.
- c.* TOE SUPPORT PLACING
BACKWARD. *Neck Rest.*
2. TRUNK BENDING FORWARD,
HEAD TURNING, TRUNK
BENDING BACKWARD.
Arms bend.
3. ARM STRETCHING UPWARD
AND DOWNWARD, MARKING
TIME, WITH KNEE RAISING
4. LEG RAISING FORWARD. *Hips*
firm.

COMMANDS.

1. *a.* With deep breathing, arms sideways—
raise Arms downward—*lower.*
- b.* (Hips—*firm*). Feet full—*open*. Left foot
outward in lunge position—*place*.
Reeover—*place*. Right foot outward
in lunge position—*place*. Reeover—
place. (Feet and Arms—*Attention*).
- c.* (Neck—*rest*). Left foot backward on the
toe—*place*. Reeover—*place*. Right
foot backward on the toe—*place*.
Reeover—*place*. (*Attention*).
2. (Arms upward—*bend*). Trunk forward—
bend. Head to the left—*turn*, Head
forward—*turn*. Head to the right—
turn. Head forward—*turn*. Trunk up-
ward—*stretch*. Trunk backward—
bend. Trunk upward—*stretch*. (Arms
downward—*stretch*).
3. Marking time with Knee raising and Arms
upward and downward—*stretch*, 1, 2,
3, 4, 5, 6, 7, 8. Class—*halt*, 1, 2.
[There are *two* movements of the feet
to *one* of the arms, the arms moving
with the *left* foot on 1, 3, 5 and 7].
4. (Hips—*firm*). Left leg forward—*raise*. Leg
—*lower*. Right leg forward—*raise*.
Leg—*lower*. (*Attention*).

TABLE 40 (continued).

EXERCISES.

COMMANDS.

5. ARM RAISING FORWARD AND SWINGING SIDEWAYS.

5. Arms forward—*raise*. Arms sideways—*swing*. Arms forward—*swing*. (Arms downward—*lower*).

6. a. TRUNK TURNING, ARM FLINGING. Arms across bend.

6. a. (Arms across—*bend*). Trunk to the left—*turn*. Arms—*fling*. Arms—*bend*. Trunk forward—*turn*. Trunk to the right—*turn*. Arms—*fling*. Arms—*bend*. Trunk forward—*turn*. (*Attention*).

b. TRUNK BENDING SIDEWAYS. Feet close, Arms bend.

b. (With feet close, arms upward—*bend*). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and Arms—*Attention*).

7. a. MARCHING.

7. a. Forward—*march*. Class—*halt*, 1, 2, [The class may be turned to the right or left before the command, "Forward—*march*."]

b. RUNNING ON THE SPOT.

b. Running on the spot, left foot—*begin*. Class—*halt*, 1, 2, 3, 4.

or, SECOND SKIPPING EXERCISE.

or, Second Skipping exercise, ready—*go*. Class—*halt*. [On the word "ready," the arms are extended to the "sideways stretch" position. On "*go*," the skipping is commenced].

c. Game *

8. BREATHING. ARM TURNING OUTWARD AND INWARD.

8. With deep breathing, arms outward and inward—*turn* 1, 2.

*See footnote to Table 1.

TABLE 41.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
FORWARD AND PARTING.

- b.* FOOT PLACING FORWARD
AND OUTWARD. *Hips firm.*

- c.* HEAD BENDING BACKWARD,
WITH ARM TURNING OUT-
WARD AND INWARD.

2. *a.* TRUNK BENDING BACKWARD
AND FORWARD. *Feet astride,
Neck rest.*

- b.* TRUNK BENDING FORWARD
AND DOWNWARD. *Feet
astride, Arms upward
stretch.*

3. ARM STRETCHING UPWARD
AND DOWNWARD, WITH A
STEP FORWARD AND BACK-
WARD.

COMMANDS.

1. *a.* (Arms forward—*raise*). With deep
breathing, arm parting by numbers—
1, 2. (Arms downward—*lower*).

- b.* (Hips—*firm*). Foot placing forward and
outward, left foot—*begin*, 1, 2, 3, 4.
Right foot—*repeat*, 1, 2, 3, 4. [On 1,
the foot is placed forward; on 2, it is
brought back to position; on 3, it is
placed outward; and on 4, again
brought back.]

- c.* Head backward—*bend*. Arm turning
outward and inward by numbers—
1, 2. Head upward—*stretch*.

2. *a.* (With feet astride, neck—*rest*, 1, 2).
Trunk backward—*bend*. Trunk up-
ward—*stretch*. Trunk forward—*bend*.
Trunk upward—*stretch*. (Feet and
arms in position—*place*, 1, 2).

- b.* (With feet astride, arms upward—
stretch, 1, 2). Trunk forward and
downward—*bend*. Trunk forward and
upward—*stretch*. (Feet and arms in
position—*place*, 1, 2).

3. With one step forward, arms upward—
stretch, 1, 2. With one step backward,
arms downward—*stretch*, 1, 2. [On
1, the arms are bent, and the left foot
is placed forward; on 2, the arms are
stretched and the right foot is brought
forward into position. The step back-
ward is taken in a similar way.]

TABLE 41.—(continued).

EXERCISES.

4. LEG RAISING BACKWARD.
Hips firm.
5. ARM RAISING FORWARD AND UPWARD, SWINGING DOWNWARD AND BACKWARD, FORWARD AND UPWARD, FORWARD AND SIDEWAYS.
6. TRUNK TURNING. *Neck rest.*
7. a. MARCHING.
- b. DANCING STEP OUTWARD.
Hands on hips.
- c. JUMPING RIGHT AND LEFT.
Hips firm.
8. BREATHING. *Hips firm.*

COMMANDS.

4. (Hips—*firm*). Left leg backward—*raise*. Leg—*lower*. Right leg backward—*raise*. Leg—*lower*. (*Attention*).
5. (Arms forward and upward—*raise*). Arms downward and backward—*swing*. Arms forward and upward—*swing*. Arms forward and sideways—*swing*. Arms forward and upward—*swing*. (Arms forward and downward—*lower*).
6. (Neck—*rest*). Trunk to the left—*turn*. Trunk forward—*turn*. Trunk to the right—*turn*. Trunk forward—*turn*. (*Attention*).
7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command "Forward—*march*."]
 - b. (Hands on hips—*place*). Left foot outward on the toe—*place*. Dancing step—*begin*, 1, 2. (*Attention*). [On 1, the left foot is brought back to the position of attention, while the right foot glides into the Toe support place position. On 2, the right foot glides back and the left foot outward.]
- c. (Hips—*firm*). To the left—*jump*, 1, 2, (3, 4), 5, 6. To the right—*jump*, 1, 2, (3, 4), 5, 6. (*Attention*). [On 3 and 4, the jump is made to the side, the feet being kept together.]
8. (Hips—*firm*). Breathe — *in*. Breathe — *out*. or, Breathing — *commence*. (*Attention*).

TABLE 42.

EXERCISES.

1. a. HEAD BENDING SIDWAYS.
Feet astride, Hips firm.

- b. FORWARD LUNGE. *Hips firm.*

- c. BREATHING. ARM RAISING
SIDWAYS AND UPWARD,
LOWERING SIDWAYS AND
DOWNWARD.

2. a. TRUNK BENDING BACKWARD
Feet close, Arms bend.

- b. TRUNK BENDING FORWARD
AND DOWNWARD. *Feet
astride, Arms upward
stretch.*

3. ALTERNATE ARM STRETCHING
UPWARD AND DOWNWARD,
AND UPWARD AND FOR-
WARD.

4. KNEE RAISING. *Arms bend.*

COMMANDS.

1. a. (With feet astride, hips—*firm*, 1, 2).
Head to the left—*bend*. Head up-
ward—*stretch*. Head to the right—
bend. Head upward—*stretch* (Feet
and arms in position—*place*, 1, 2).

- b. (Hips—*firm*. Feet full—*open*). Left
foot forward in lunge position—*place*.
Recover—*place*. Right foot forward
in lunge position—*place*. Recover—
place. (Feet and arms—*Attention*).

- c. With deep breathing, arms sideways and
upward—*raise*. Arms sideways and
downward—*lower*.

2. a. (With feet close, arms upward—*bend*).
Trunk backward — *bend*. Trunk
upward—*stretch*. (Feet and arms—
Attention).

- b. (With feet astride, arms upward—*stretch*
1, 2). Trunk forward and downward
—*bend*). Trunk forward and upward
—*stretch*. (Feet and arms in position
place, 1, 2).

3. Right arm upward, left arm downward—
stretch, 1, 2. Arms—*change*, 1, 2.
Right arm forward, left arm upward
—*stretch*, 1, 2. Arms—*change*, 1, 2.
(Arms downward—*stretch*, 1, 2).

4. (Arms upward—*bend*). Left knee—*raise*.
Knee—*lower*. Right knee—*raise*.
Knee—*lower*. (Arms downward—
stretch),

TABLE 42.—(continued).

EXERCISES.

5. ALTERNATE HIPS FIRM AND
NECK REST. *Hips firm,
Trunk forward bend.*

6. TRUNK BENDING SIDEWAYS.
*Right arm upward, Left
arm downward stretch.*

7. a. MARCHING. RUNNING.

b. MARCHING IN TWOS, FOURS
AND EIGHTS.

c. UPWARD JUMP WITH ARM
FLINGING. *Arms across
bend.*

d. GAME.*

8. BREATHING. (*Attention*).

COMMANDS.

5. (Hips—*firm*. Trunk forward—*bend*),
Neck—*rest*. Hips—*firm*. (Trunk
upward—*stretch*. *Attention*).

6. (Right arm upward, left arm downward—
stretch, 1, 2). Trunk to the left—*bend*.
Trunk upward—*stretch*. Arms—
change, 1, 2. Trunk to the right—
bend. Trunk upward—*stretch*. (Arms
downward—*stretch*, 1, 2).

7. a. Forward—*march*. Class—*halt*, 1, 2.
[The class may be turned to the right
or left before the command “Forward
—*march*.”] Forward—*run*. Class—
halt, 1, 2, 3, 4.

b. Centre—*twos*. Two to the right, two to
the left—*divide*. Centre—*fours*. Four
to the left, four to the right—*divide*.
Centre—*eights*. Four to the right,
four to the left—*divide*. Centre—
fours. Two to the right, two to the
left—*divide*. Centre—*twos*.

c. (Arms across—*bend*). With arm fling-
ing, upward—*jump*, 1, 2, (3, 4). 5, 6.
(*Attention*). [The arm flinging is taken
with the jump on 3 and 4.]

8. Breathe—*in*. Breathe—*out*. or, Breath-
ing—*commence*.

*See footnote to Table 1.

TABLE 43.

EXERCISES.

1. a. BREATHING. ARM RAISING
FORWARD AND UPWARD,
AND PARTING.
- b. HEAD TURNING. *Feet
astride, Hips firm, Trunk
forward bend.*
- c. FOOT PLACING SIDWAYS,
HEEL RAISING. *Hips
firm.*
2. TRUNK BENDING BACKWARD
AND FORWARD. *Feet astride,
Arms across bend.*
3. ARM STRETCHING FORWARD
AND SIDWAYS, WITH A
STEP TO THE RIGHT AND
LEFT.
4. HEEL RAISING AND KNEE
FULL BENDING. *Hips
firm.*

COMMANDS.

1. a. (Arms forward and upward—*raise*).
With deep breathing, arm parting by
numbers—1, 2. (Arms forward and
downward—*lower*).
- b. (With feet astride, hips—*firm*, 1, 2.
Trunk forward—*bend*). Head to the
left—*turn*. Head forward—*turn*.
Head to the right—*turn*. Head for-
ward—*turn*. (Trunk upward—*stretch*.
Feet and arms in position—*place*, 1, 2).
- c. (Hips—*firm*). Left foot sideways—
place. Heels—*raise*. Heels—*lower*.
Recover—*place*. Right foot sideways
—*place*. Heels—*raise*. Heels—*lower*.
Recover—*place*. (*Attention*).
2. (With feet astride, arms across—*bend*, 1, 2).
Trunk backward—*bend*. Trunk up-
ward—*stretch*. Trunk forward—
bend. Trunk upward—*stretch*. (Feet
and arms in position—*place*, 1, 2).
3. With one step to the left, arms sideways—
stretch, 1, 2. With one step to the
right, arms forward—*stretch*, 1, 2.
(Arms downward—*stretch*, 1, 2).
4. (Hips—*firm*). Heels—*raise*. Knees full
—*bend*. Knees—*stretch*. Heels—
lower. (*Attention*).

TABLE 43—(continued).

EXERCISES.

COMMANDS.

- | | |
|--|--|
| <p>5. ARM RAISING FORWARD AND UPWARD, SWINGING FORWARD AND SIDEWAYS.</p> | <p>5. Arms forward and upward—<i>raise</i>. Arms forward and sideways—<i>swing</i>. Arms forward and upward—<i>swing</i>. Arms forward and downward—<i>lower</i>.</p> |
| <p>6. TRUNK TURNING. ARM STRETCHING SIDEWAYS. <i>Arms bend.</i></p> | <p>6. (Arms upward—<i>bend</i>). Trunk to the left—<i>turn</i>. Arms sideways—<i>stretch</i>. Arms—<i>bend</i>. Trunk forward—<i>turn</i>. Trunk to the right—<i>turn</i>. Arms sideways—<i>stretch</i>. Arms—<i>bend</i>. Trunk forward—<i>turn</i>. (<i>Attention</i>)).</p> |
| <p>7. a. MARCHING.</p> | <p>7. a. Forward—<i>march</i>. Class—<i>halt</i>, 1, 2. [The class may be turned to the right or left before the command "Forward—<i>march</i>."]</p> |
| <p>b. RUNNING MAZE.*</p> | |
| <p>c. SKIPPING or GAME.*</p> | <p>c. Second Skipping exercise, ready—<i>go</i>. Class—<i>halt</i>. [On the word "ready," the arms to be extended to the "sideways stretch" position. On "go," the skipping is commenced.]</p> |
| <p>8. BREATHING. <i>Hands on chest.</i></p> | <p>8. (Hands on chest—<i>place</i>). Breathe—<i>in</i>. Breathe—<i>out</i>. or, Breathing—<i>commence</i>. (<i>Attention</i>).</p> |

*See footnote to Table 1.

TABLE 44.

EXERCISES.

1. a. HEAD ROLLING. *Hips firm.*
- b. OUTWARD LUNGE. *Hips firm.*
- c. BREATHING. ARM RAISING SIDEWAYS.
2. a. TRUNK BENDING FORWARD, HEAD TURNING. *Feet astride, Hips firm.*
- b. TRUNK BENDING FORWARD AND DOWNWARD. *Feet astride, Arms upward stretch.*
3. ARM STRETCHING UPWARD AND FORWARD, WITH MARKING TIME.

COMMANDS.

1. a. (Hips—*firm*). Head rolling to the left—*begin*. [The head is bent to the left and then moved smoothly into the backward bend, the right sideways bend and the forward bend position; so returning to the position of Attention.] Head rolling to the right—*begin*. (*Attention*).
- b. (Hips—*firm*. Feet full—*open*). Left foot outward in lunge position—*place*. Recover—*place*. Right foot outward in lunge position—*place*. Recover—*place*. (*Attention*).
- c. With deep breathing, arms sideways—*raise*. Arms downward—*lower*.
2. a. (With feet astride, hips—*firm*, 1, 2). Trunk forward—*bend*. Head to the left—*turn*. Head forward—*turn*. Head to the right—*turn*. Head forward—*turn*. Trunk upward—*stretch*. (Feet and arms in position—*place* 1, 2).
- b. (With feet astride, arms upward—*stretch* 1, 2). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place*, 1, 2).
3. Marking time, with arms upward and forward—*stretch*, 1, 2, 3, 4, 5, 6, 7, 8. Class—*halt*, 1, 2. [There are two movements of the feet to one of the arms, the arms moving with the left foot on 1, 3, 5 and 7.]

TABLE 44.—(continued).

EXERCISES.

COMMANDS.

4. LEG RAISING BACKWARD.
Arms bend.

4. (Arms upward—*bend*). Left leg backward—*raise*. Leg—*lower*. Right leg backward—*raise*. Leg—*lower*. (Arms downward—*stretch*).

5. ARM SWINGING FORWARD AND
SIDEWAYS, WITH FOOT
PLACING FORWARD. *Arms
forward and upward raise.*

5. (Arms forward and upward—*raise*). With the left foot forward, arms forward and sideways—*swing*. Feet and arms—*change*, 1, 2. (Arms forward and downward—*lower*). [Feet and arms change. On 1, the left foot is brought back and the arms take the forward and upward raise position; on 2, the right foot is placed forward and the arms swing forward and sideways.]

6. TRUNK BENDING SIDEWAYS.
Feet astride, Neck rest.

6. (With feet astride, neck—*rest*, 1, 2). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*, 1, 2).

7. a. MARCHING. GAME*

7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command "Forward—*march*."]]

* b. UPWARD JUMP, WITH ARM
STRETCHING SIDEWAYS.
Arms bend.

b. (Arms upward—*bend*). With arm stretching sideways, upward—*jump*, 1, 2 (3, 4), 5, 6. (Arms downward—*stretch*). [On 3 and 4, the arms are stretched and bent as the jump is taken.]

8. BREATHING. *Attention.*

8. Breathe—*in*. Breathe—*out*. or, Breathing—*commence*.

*See footnote to Table 1.

TABLE 45.

EXERCISES.

1. *a.* FOOT PLACING FORWARD AND SIDEWAYS. *Hips firm.*

- b.* BREATHING. ARM RAISING SIDEWAYS.

- c.* FORWARD LUNGE. *Hips firm.*

2. TRUNK BENDING FORWARD, ARM STRETCHING SIDEWAYS, TRUNK BENDING BACKWARD. *Arms bend.*

3. ALTERNATE ARM STRETCHING UPWARD AND BACKWARD.

4. LEG RAISING FORWARD. *Arms bend.*

5. ALTERNATE ARM FLINGING WITH HEAD TURNING. *Arms across bend, Trunk forward bend.*

COMMANDS.

1. *a.* (Hips—*firm*). Foot placing forward and sideways, left foot—*begin*, 1, 2, 3, 4.. Right foot — *repeat*, 1, 2, 3, 4.. (*Attention*).

- b.* With deep breathing, arms sideways—*raise*. Arms downwards—*lower*.

- c.* (Hips—*firm*). Left foot forward in lunge position—*place*. Recover—*place*.. Right foot forward in lunge position—*place*. Recover—*place*. (*Attention*)..

2. (Arms upward—*bend*). Trunk forward—*bend*. Arms sideways—*stretch*. Arms—*bend*. Trunk upward—*stretch*.. Trunk backward—*bend*. Trunk upward—*stretch*. (Arms downward—*stretch*).

3. Right arm upward, left arm backward—*stretch*, 1, 2. Left arm upward, right arm backward—*stretch*, 1, 2. (Arms downward—*stretch*, 1, 2).

4. (Arms upward—*bend*). Left leg forward—*raise*. Leg—*lower*. Right leg forward—*raise*. Leg—*lower*. (Arms downward—*stretch*).

5. (Arms across—*bend*. Trunk forward—*bend*). Alternate arm flinging with head turning—*right*;—*left*; *right*; *left*; (*Front*). (Trunk upward—*stretch*. *Attention*). [See Table 37.]

TABLE 45—(continued).

EXERCISES.

6. TRUNK TURNING. ARM
STRETCHING FORWARD.
Arms bend.

7. a. MARCHING. RUNNING.

b. HOP MARCH WITH LEG
RAISED BACKWARD. *Hands
on hips.*

c. JUMPING OVER A ROPE.

8. BREATHING. ARM RAISING
FORWARD, AND PARTING.

COMMANDS.

6. (Arms upward—*bend*). Trunk to the left
— *turn*. Arms forward — *stretch*.
Arms—*bend*. Trunk forward—*turn*.
Trunk to the right—*turn*. Arms for-
ward—*stretch*. Arms—*bend*. Trunk
forward—*turn*. (Arms downward—*stretch*).

7. a. Forward—*march*. Class—*halt*, 1, 2.
[The class may be turned to the right
or left before the command “Forward
—*march*.”] Forward—*run*. Class—*halt*—1, 2, 3, 4

b. (Hands on hips—*place*). Hop march
with leg raised backward—*begin*. Class
—*halt*, 1, 2. (*Attention*). [A step
forward is taken with the left foot.
The right leg is then raised backward,
while a hop is made on the left foot.
The same movements are repeated,
beginning with the right foot. The
body is *inclined* forward and slightly
to one side, over the forward foot.]

c. [A running start with a definite number
of steps, perhaps 3 or 5 may be
attempted. The jump should be taken
from the right or left foot as com-
manded.]

8. (Arms forward—*raise*). With deep breath-
ing, arm parting by numbers—1, 2.
(Arms downward—*lower*).

TABLE 46.

EXERCISES.

1. a. HEAD BENDING BACKWARD AND FORWARD. *Feet close, Arms bend.*
- b. FOOT PLACING OUTWARD. HEEL RAISING AND KNEE BENDING. *Hips firm.*
- e. BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.
2. TRUNK BENDING BACKWARD AND FORWARD. *Neck rest.*
3. ARM STRETCHING SIDEWAYS AND DOWNWARD, WITH ONE STEP FORWARD AND BACKWARD.
4. LEG RAISING BACKWARD. *Neck rest.*
5. ALTERNATE HIPS FIRM AND NECK REST. *Hips firm, Trunk forward bend.*

COMMANDS.

1. a. (With feet close, arms upward—*bend*). Head backward—*bend*. Head upward—*stretch*. Head forward—*bend*. Head upward—*stretch*. (With feet open, arms downward—*stretch*).
- b. (With hips firm, left foot outward—*place*). Heels—*raise*. Knees—*bend*. Knees—*stretch*. Heels—*lower*. Feet change, 1, 2. Heels—*raise*. Knees—*bend*. Knees—*stretch*. Heels—*lower*. (Feet and arms—*Attention*).
- e. With deep breathing, arms forward and upward—*raise*. Arms sideways and downward—*lower*.
2. (Neck—*rest*). Trunk backward — *bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. (*Attention*).
3. With one step forward, arms sideways—*stretch*, 1, 2. With one step backward, arms downward—*stretch*, 1, 2.
4. (Neck—*rest*). Left leg backward—*raise*. Leg—*lower*. Right leg backward—*raise*. Leg—*lower*. (*Attention*).
5. (Hips — *firm*. Trunk forward — *bend*). Neck — *rest*. Hips — *firm*. (Trunk upward—*stretch*. *Attention*).

TABLE 46—(continued).

EXERCISES.

COMMANDS.

6. TRUNK BENDING SIDEWAYS.
Feet astride, Right Arm upward, Left arm downward stretch.

6. (With feet astride, arms upward—*bend*, 1, 2. Right arm upward, left arm downward—*stretch*). Trunk to the left—*bend*. Trunk upward—*stretch*. Arms—*change*, 1, 2. Trunk to the right—*bend*. Trunk upward—*stretch*. (Arms—*bend*. Feet and arms in position—*place*, 1, 2).

7. a. MARCHING.

7. a. Forward — *march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command “Forward —*march*.”]

b. DANCING STEP FORWARD.
Hands on Hips.

b. (Hands on hips—*place*). Left foot forward on the toe—*place*. Dancing step—*begin*, 1, 2. (*Attention*). [On 1, the left foot is brought back to the position of attention, while the right foot glides into the Toe support place position; on 2, the right foot glides back and the left foot forward.]

or, THIRD SKIPPING EXERCISE.

or, Third Skipping exercise, ready—*go*. Class—*halt*. [On the word “ready,” the arms to be extended to the “side-ways stretch” position: on “go,” the skipping is commenced.]

c. GAME.*

8. BREATHING. *Hands on chest.*

8. (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. *or*, Breathing—*commence*. (*Attention*).

*See footnote to Table 1.

TABLE 47.

EXERCISES.

1. a. HEAD BENDING SIDEWAYS.

b. OUTWARD LUNGE. *Hips firm,*

c. BREATHING. ARM RAISING SIDEWAYS.

2. a. TRUNK BENDING BACKWARD. *Arms bend.*

b. TRUNK BENDING FORWARD AND DOWNWARD. *Feet astride, Arms upward stretch.*

3. ARM STRETCHING UPWARD, WITH TURNING TO THE LEFT AND RIGHT.

COMMANDS.

1. a. Head to the left—*bend*. Head upward—*stretch*. Head to the right—*bend*. Head upward—*stretch*.

b. (Hips—*firm*. Feet full—*open*). Left foot outward, in lunge position—*place*. Recover—*place*. Right foot outward, in lunge position—*place*. Recover—*place*. (Feet and arms—*Attention*).

c. With deep breathing, arms sideways—*raise*. Arms downward—*lower*.

2. a. (Arms upward—*bend*). Trunk backward—*bend*. Trunk upward—*stretch*. (Arms downward—*stretch*).

b. (With feet astride, arms upward—*stretch* 1, 2). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place*, 1, 2).

3. To the left turn, and arms upward—*stretch*, 1, 2. [On 1, the arms are bent, and the first movement of the turn is made. On 2 the arms are stretched, and the turn is completed.] To the right turn, and arms downward—*stretch*, 1, 2.

TABLE 47—(continued).

EXERCISES.

4. HEEL RAISING AND KNEE FULL BENDING. *Arms bend.*

5. ARM FLINGING, WITH FOOT PLACING OUTWARD. *Arms across bend.*

6. TRUNK BENDING SIDEWAYS. *Arms sideways stretch.*

7. a. MARCHING. RUNNING.

b. BACKWARD JUMP. *Hips firm.*

c. GAME.*

8. BREATHING. ARM TURNING OUTWARD AND INWARD.

COMMANDS.

4. (Arms upward—*bend*). Heels—*raise*. Knees full—*bend*. Knees—*stretch*. Heels—*lower*. (Arms downward—*stretch*).

5. (Arms across—*bend*). With left outward, arms—*fling*. Feet and arms—*change 1, 2*. (Feet and arms—*Attention*).

6. (Arms sideways—*stretch, 1, 2*). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*, (Arms downward—*stretch, 1, 2*).

7. a. Forward—*march*. Class—*halt, 1, 2*. [The class may be turned to the right or left before the command "Forward—*march*."] Forward—*run*. Class—*halt, 1, 2, 3, 4*.

b. (Hips—*firm*). Backward—*jump, 1, 2, (3, 4), 5, 6*. (*Attention*). [On 3 and 4 the class jump one step backward.]

8. With deep breathing, arms outward and inward—*turn, 1, 2*.

*See footnote to Table 1.

TABLE 48.

EXERCISES.

1. *a.* BREATHING. ARM RAISING
SIDEWAYS AND UPWARD,
LOWERING SIDEWAYS AND
DOWNWARD.
- b.* FOOT PLACING FORWARD
AND OUTWARD. HEEL
RAISING.
- c.* HEAD TURNING. *Feet
astride, Arms bend. Trunk
forward bend.*
2. TRUNK BENDING BACKWARD
AND FORWARD. *Neck rest.*
3. ARM STRETCHING UPWARD,
FORWARD, SIDEWAYS AND
DOWNWARD—*twice* IN EACH
DIRECTION.
4. KNEE RAISING. *Neck rest.*

COMMANDS.

1. *a.* With deep breathing, arms sideways
and upward—*raise*. Arms sideways
and downward—*lower*.
- b.* Foot placing forward and outward with
heel raising, left foot—*begin, 1, 2, 3,
4, 5, 6, 7, 8.* Right foot—*repeat*.
[On 1, 2, 3, 4, the left foot is placed
forward, the heels are raised and
lowered and the foot is brought back
to position. On 5, 6, 7, 8, foot placing
outward with heel raising is per-
formed.]
- c.* (With feet astride, arms upward—*bend,
1, 2.* Trunk forward—*bend*). Head
to the left—*turn*. Head forward—*turn*.
Head to the right—*turn*. Head
forward—*turn*. (Trunk upward—*stretch*.
Feet and arms in position—*place, 1, 2*).
2. (Neck—*rest*). Trunk backward—*bend*.
Trunk upward—*stretch*. Trunk for-
ward—*bend*. Trunk upward—*stretch*.
(*Attention*).
3. Arms upward—*stretch, 1, 2.* Repeat. *1, 2.*
Arms forward—*stretch, 1, 2.* Repeat
—*1, 2.* Arms sideways—*stretch, 1, 2.*
Repeat—*1, 2.* Arms downward—*stretch, 1, 2.* Repeat—*1, 2.*
4. (Neck—*rest*. Left knee—*raise*). Knees—
change, 1, 2. (Knee—*lower*.
Attention).

TABLE 48—(continued).

EXERCISES.

5. ARM SWINGING FORWARD AND SIDEWAYS, WITH FOOT PLACING FORWARD. *Arms forward and upward raise.*

6. TRUNK TURNING. ARM STRETCHING UPWARD. *Arms bend.*

7. a. MARCHING.

b. RUNNING MAZE, or SLOW MARCH, or GAME.*

8. BREATHING. *Hands on chest.*

COMMANDS.

5. (Arms forward and upward—*raise*). With the left foot forward, arms forward and sideways—*swing*. Feet and arms—*change*, 1, 2. (*Attention*). [On 1, the left foot is brought back and the arms take the forward and upward raise position; on 2, the right foot is placed forward and the arms swing forward and sideways.]

6. (Arms upward—*bend*). Trunk to the left—*turn*. Arms upward—*stretch*. Arms—*bend*. Trunk forward—*turn*. Trunk to the right—*turn*. Arms upward—*stretch*. Arms—*bend*. Trunk forward—*turn*. (Arms downward—*stretch*).

7. a. Forward — *march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command “Forward—*march*.”]

b. Slow march, left foot—*begin*, 1, 2, 3, 4. [On 1, the left foot is moved forward and the toe touches the ground; on 2, the heel is lowered. On 3 and 4, these movements are repeated with the right foot.] Class—*halt*, 1, 2. [On 1, an ordinary marching step is taken with the left foot; on 2, the right foot is brought forward to Attention.]

8. (Hands on chest—*place*). Breathe—*in*. Breathe — *out*. or, Breathing — *commence*. (*Attention*).

*See footnote to Table 1.

TABLE 49.

EXERCISES.

1. *a.* BREATHING. ARM RAISING FORWARD, AND PARTING.

b. FOOT PLACING FORWARD. HEEL RAISING AND KNEE BENDING. *Hips firm.*

c. HEAD BENDING BACKWARD. *Arms sideways raise.*

2. TRUNK BENDING FORWARD AND BACKWARD. *Foot forward place, Hips firm.*

3. ARM STRETCHING UPWARD AND DOWNWARD, WITH A STEP TO THE RIGHT AND LEFT.

4. LEG RAISING SIDEWAYS. *Hips firm.*

COMMANDS.

1. *a.* (Arms forward — *raise*). With deep breathing, arm parting by numbers—1, 2. (Arms downward—*lower*).

b. (Hips—*firm*. Left foot forward—*place*). Heels—*raise*. Knees—*bend*. Knees — *stretch*. Heels — *lower*. Feet — *change*, 1, 2. Heels—*raise*. Knees—*bend*. Knees—*stretch*. Heels—*lower*. (Feet and arms—*Attention*).

c. (Arms sideways—*raise*). Head backward—*bend*. Head upward—*stretch*. (Arms—*lower*).

2. (With the left foot forward, hips—*firm*). Trunk forward — *bend*. Trunk upward — *stretch*. Trunk backward—*bend*. Trunk upward—*stretch*. Feet and arms—*change*. Trunk forward—*bend*. Trunk upward—*stretch*. Trunk backward — *bend*. Trunk upward—*stretch*. (Feet and arms—*Attention*).

3. With one step to the right, arms upward—*stretch*, 1, 2. With one step to the left, arms downward—*stretch*, 1, 2.

4. (Hips—*firm*). Left leg sideways—*raise*. Leg—*lower*. Right leg sideways—*raise*. Leg—*lower*. (*Attention*).

TABLE 49—(continued).

EXERCISES.

COMMANDS.

5. ARM SWINGING FORWARD AND
SIDEWAYS, WITH FOOT
PLACING OUTWARD. *Arms
forward and upward raise.*

6. a. TRUNK TURNING. *Feet
astride, Neck rest.*

b. TRUNK BENDING SIDEWAYS.
Arms sideways stretch.

7. a. MARCHING. RUNNING.

b. JUMPING OVER A ROPE,
WITH TURNING TO THE
RIGHT AND LEFT.

8. BREATHING. (*Attention*).

5. (Arms forward and upward—*raise*). With the left foot outward, arms forward and sideways—*swing*. Feet and arms—*change*. [The left foot is brought back to position, and arms swung forward and upward; then right foot placed outward, and swing the arms forward and sideways.] (Feet and arms—*Attention*.)

6. a. (With feet astride, neck—*rest*, 1, 2). Trunk to the left—*turn*. Trunk forward—*turn*. Trunk to the right—*turn*. Trunk forward—*turn*. (Feet and arms in position—*place*, 1, 2).

b. (Arms sideways—*stretch*, 1, 2). Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Arms downward—*stretch*, 1, 2).

7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command "Forward—*march*."] Forward—*run*. Class—*halt*, 1, 2, 3, 4.

b. With turning to the right, off the right foot—*jump*. With turning to the left, off the left foot—*jump*. [The turn is made as the body is in the air just before landing. For turning to the right, the jump is taken from the right foot.]

8. Breathe—*in*. Breathe—*out*. or, Breathing—*commence*.

TABLE 50.

EXERCISES.

1. a. FOOT PLACING FORWARD,
OUTWARD AND SIDEWAYS.
- b. HEAD ROLLING. *Hips firm.*
- c. BREATHING. ARM TURNING
OUTWARD AND INWARD.
2. a. TRUNK BENDING BACKWARD
Neck Rest.
- b. TRUNK BENDING FORWARD
AND DOWNWARD. *Arms
upward stretch.*
3. ARM STRETCHING FORWARD
AND SIDEWAYS, WITH TURN-
ING TO THE RIGHT AND
LEFT.
4. KNEE RAISING. FOOT BENDING
AND STRETCHING. *Hips
firm.*

COMMANDS.

1. a. Foot placing forward, outward and side-
ways, left foot—*begin, 1, 2, 3, 4, 5, 6.*
Right foot—*repeat, 1, 2, 3, 4, 5, 6.*
- b. (Hips—*firm*). Head rolling to the left
begin. (See Table 44). Head rolling
to the right—*begin. (Attention).*
- c. With deep breathing, arm turning out-
ward and inward by numbers—*1, 2.*
2. a. (Neck—*rest*). Trunk backward—*bend.*
Trunk upward—*stretch. (Attention).*
- b. (Arms upward—*stretch, 1, 2*). Trunk
forward and downward—*bend.* Trunk
forward and upward—*stretch. (Arms
downward—stretch 1, 2).*
3. To the right, turn and arms forward—*stretch.*
To the left, turn and arms sideways—
stretch. To the left, turn and arms
forward—*stretch.* To the right, turn
and arms sideways—*stretch. (Arms
downward—stretch).*
4. (Hips—*firm.* Left knee—*raise*). Foot
bending and stretching by numbers—
1, 2. Knees—*change, 1, 2.* Foot
bending and stretching by numbers—
1, 2. (Knee—lower. Attention).

TABLE 50.—(continued).

EXERCISES.

5. ALTERNATE ARMS ACROSS BEND AND NECK REST. *Arms across bend. Trunk forward bend.*
6. TRUNK TURNING AND BENDING SIDEWAYS. *Hips firm.*
7. a. MARCHING.
- b. UPWARD JUMP WITH ARM STRETCHING SIDEWAYS or UPWARD.
- c. SKIPPING or GAME.*
8. BREATHING. ARM RAISING SIDEWAYS.

COMMANDS.

5. (Arms across—*bend*. Trunk forward—*bend*). Neck—*rest*. Arms across—*bend*. (Trunk upward—*stretch*. *Attention*).
6. (Hips—*firm*). Trunk to the left—*turn*. Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. Trunk to the right—*turn*. Trunk to the right—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. (*Attention*).
7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command “Forward—*march*.”]
- b. With arm stretching sideways, upward—*jump*, 1, 2, (3, 4), 5, 6. or, With arm stretching upward, upward—*jump*, 1, 2, (3, 4), 5, 6. [On 3 and 4 the arms are stretched and bent as the jump is taken.]
- c. Second Skipping exercise, ready—*go*. Class—*halt*. [On the word “ready,” the arms are extended to the “sideways stretch” position. On “go,” the skipping is commenced.]
8. With deep breathing, arms sideways—*raise*. Arms downward—*lower*.

*See footnote to Table 1.

TABLE 51.

EXERCISES

1. a. HEAD TURNING. *Arms bend.* TRUNK FORWARD BEND.

- b. FOOT PLACING FORWARD AND OUTWARD. *HEEL RAISING AND KNEE BENDING.* *Hips firm.*

- c. BREATHING. *Hands on chest.*

2. TRUNK BENDING BACKWARD AND FORWARD. *Foot forward place, Neck rest.*

3. ARM STRETCHING UPWARD AND DOWNWARD, FORWARD AND DOWNWARD, SIDEWAYS AND DOWNWARD.

4. LEG RAISING SIDEWAYS AND FORWARD. *Hips firm.*

COMMANDS.

1. a. (Arms upward—*bend*. Trunk forward—*bend*). Head to the left—*turn*. Head forward—*turn*. Head to the right—*turn*. Head forward—*turn*. (Trunk upward—*stretch*. Arms downward—*stretch*).

- b. (Hips—*firm*). Foot placing forward and outward with heel raising and knee bending, left foot—*begin, 1, 2, 3, 4, 5, 6.* 1, 2, 3, 4, 5, 6. Foot placing forward and outward with heel raising and knee bending, right foot—*begin, 1, 2, 3, 4, 5, 6.* 1, 2, 3, 4, 5, 6. (*Attention*).

- c. (Hands on chest—*place*). Breathe—*in*. Breathe—*out.* or, Breathing—*commence.* (*Attention*).

2. (With the left foot forward, Neck—*rest*). Trunk backward—*bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. Feet and arms—*change, 1, 2.* Trunk backward—*bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. (Feet and arms—*Attention*).

3. Arms upward and downward, forward and downward, sideways and downward—*stretch*.

4. (Hips—*firm*). Left leg, sideways—*raise*. Leg—*lower*. Left leg forward—*raise*. Leg—*lower*. Right leg sideways—*raise*. Leg—*lower*. Right leg forward—*raise*. Leg—*lower*. (*Attention*).

TABLE 51—(continued).

EXERCISES.

5. ARM FLINGING WITH FORWARD LUNGE. *Arms cross bend.*

6. TRUNK TURNING. ARM STRETCHING UPWARD.
Foot forward place, Arms bend.

7. a. MARCHING.

b. TAPPING STEP. *Hands on hips.*

c. JUMPING or GAME.*

8. BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.

COMMANDS.

5. (Arms across—*bend*). With arm flinging, left foot forward in lunge position—*place*. Feet and arms—*change*, 1, 2. (Feet and arms—*Attention*).

6. (With the left foot forward, arms upward—*bend*). Trunk to the left—*turn*. Arms upward—*stretch*. Arms—*bend*. Trunk forward—*turn*. Feet and arms—*change* 1, 2. Trunk to the right—*turn*. Arms upward—*stretch*. Arms—*bend*. Trunk forward—*turn*. (Feet and arms—*Attention*).

7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left, before the command "Forward—*march*."]

b. (Hands on hips—*place*). Tapping step right (or left) foot—*begin*. Class—*halt*. (*Attention*). 1(1) Hop on the left foot four times; at the same time extend the right foot to the front with the knee straight and tap four times on the floor with the point of the toe, keeping time with the hops on the left foot. (2) Change the feet with a slight spring and repeat the hopping and tapping.]

c. With arm stretching upward, upward—*jump*, 1, 2, (3, 4), 5, 6. [On 3 and 4, the arms are stretched and bent as the jump is taken.]

8. With deep breathing, arms forward and upward—*raise*. Arms sideways and downward—*lower*.

*See footnote to Table 1.

TABLE 52.

EXERCISES.

1. *a.* BREATHING. *Hips firm.*

- b.* HEEL RAISING WITH ARM RAISING SIDEWAYS AND UPWARD.

- c.* OUTWARD LUNGE. *Hips firm.*

2. TRUNK BENDING BACKWARD AND FORWARD. ARM STRETCHING SIDEWAYS. *Feet astride, Arms bend.*

3. ARM STRETCHING UPWARD AND FORWARD WITH A STEP BACKWARD AND FORWARD.

4. HEEL RAISING AND ALTERNATE KNEE BENDING. *Feet astride, Hips firm.*

COMMANDS.

1. *a.* (Hips—*firm*). Breathe—*in*. Breathe—*out*. *or*, Breathing — *commence*. (*Attention*).

- b.* Heels, and arms sideways and upward—*raise*. Heels, and arms sideways and downward—*lower*.

- c.* (Hips—*firm*. Feet full—*open*). Left foot outward, in lunge position—*place*. Recover—*place*. Right foot outward in lunge position—*place*. Recover—*place*. (Feet and arms—*Attention*).

2. (With feet astride, arms upward—*bend*, 1, 2). Trunk backward—*bend*. Arms sideways — *stretch*. Arms — *bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Arms sideways—*stretch*. Arms—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*, 1, 2).

3. With one step backward, arms upward—*stretch*, 1, 2. With one step forward, arms forward—*stretch*, 1, 2. (Arms downward—*stretch*, 1, 2).

4. (With feet astride, hips—*firm*, 1, 2. Heels—*raise*). Left knee—*bend*. Knees—*change*. Knee—*stretch*. (Heels—*lower*. Feet and arms in position—*place*, 1, 2.)

TABLE 52.—(continued).

EXERCISES.

COMMANDS.

5. ARM SWINGING FORWARD AND SIDEWAYS, WITH FOOT PLACING FORWARD. *Arms forward and upward raise.*

6. TRUNK TURNING AND BENDING SIDEWAYS. *Arms bend.*

7. a. MARCHING WITH ARM STRETCHING UPWARD AND DOWNWARD.

b. RUNNING, JUMPING or SKIPPING.

c. GAME.*

8. BREATHING. ARM RAISING FORWARD, AND PARTING.

5. (Arms forward and upward—*raise*). With the left foot forward, arms forward and sideways—*swing*. Feet and arms—*change*. (Feet and arms—*Attention*).

6. (Arms upward—*bend*). Trunk to the left—*turn*. Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. Trunk to the right—*turn*. Trunk to the right—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. (Arms downward—*stretch*).

7. a. With arm stretching upward and downward, forward—*march*. Class—*halt*, 1, 2. [There are two movements of the feet to each movement of the arms.]

b. Forward—*run*. Class—*halt*, 1, 2, 3, 4. or, With arm stretching sideways, upward—*jump*, 1, 2, (3, 4), 5, 6. [On 3 and 4, the arms are stretched and bent as the jump is taken.] or, Second Skipping exercise, ready—*go*. Class—*halt*. [On the word “ready” the arms are extended to the “sideways stretch” position. On “go,” the skipping is commenced.]

8. (Arms forward—*raise*). With deep breathing arm parting by numbers, 1, 2. (Arms downward—*lower*).

*See footnote to Table 1.

TABLE 53.

EXERCISES.

1. a. HEAD BENDING SIDWAYS.

- b. FOOT PLACING FORWARD,
OUTWARD AND SIDWAYS.
HEEL RAISING. *Hips firm.*

- c. BREATHING. (*Attention*).

2. a. TRUNK BENDING BACKWARD
AND FORWARD. *Neck rest.*

- b. TRUNK BENDING FORWARD
AND DOWNWARD. *Arms
upward stretch.*

3. ALTERNATE ARM STRETCHING
UPWARD AND DOWNWARD,
AND UPWARD AND FORWARD.

4. KNEE RAISING, LEG STRETCH-
ING FORWARD. *Hips firm.*

COMMANDS.

1. a. Head to the left—*bend*. Head upward
—*stretch*. Head to the right—*bend*.
Head upward—*stretch*.

- b. (Hips—*firm*). Foot placing forward,
outward and sideways, with heel rais-
ing, left foot—*begin*, 1, 2, 3, 4. 1, 2,
3, 4. 1, 2, 3, 4. Foot placing forward,
outward and sideways, with heel rais-
ing, right foot—*begin*, 1, 2, 3, 4. 1, 2,
3 4. 1, 2, 3, 4. (*Attention*).

- c. Breathe — *in*. Breathe — *out*. or,
Breathing—*commence*.

2. a. (Neck—*rest*). Trunk backward—*bend*.
Trunk forward—*bend*. Trunk upward
—*stretch*. (*Attention*).

- b. (Arms upward—*stretch*, 1, 2). Trunk
forward and downward—*bend*. Trunk
forward and upward—*stretch*. (Arms
downward—*stretch*, 1, 2).

3. Left arm upward, right arm downward—
stretch, 1, 2. Arms—*change*, 1, 2.
Right arm upward, left arm forward
—*stretch*, 1, 2. Arms—*change*, 1, 2.
(Arms downward—*stretch*, 1, 2).

4. (Hips—*firm*). Left knee—*raise*. Leg for-
ward—*stretch*. Knee—*bend*. Knee—
lower. Right knee—*raise*. Leg for-
ward—*stretch*. Knee—*bend*. Knee—
lower. (*Attention*).

TABLE 53.—(continued).

EXERCISES.

COMMANDS.

5. ARM SWINGING FORWARD AND
SIDWAYS, WITH FORWARD
LUNGE. *Arms forward
and upward raise.*

6. a. TRUNK TURNING. ARM
FLINGING. *Arms across
bend.*

b. TRUNK BENDING SIDWAYS.
*Right foot forward place,
Right hand hip firm, Left
hand neck rest.*

7. a. MARCHING.

b. UPWARD JUMP WITH TURN-
ING TO THE RIGHT OR LEFT.

c. CROSSWISE STEP.* *Hands
on Hips.*

8. BREATHING. ARM RAISING
SIDWAYS.

5. (Arms forward and upward—*raise*). With
arm swinging forward and sideways,
left foot forward in lunge position—
place. Feet and arms—*change*, 1, 2.
(Feet and arms—*Attention*).

6. a. (Arms across—*bend*). Trunk to the left
—*turn*. Arms—*fling*. Arms—*bend*.
Trunk forward and to the right—*turn*.
Arms—*fling*. Arms—*bend*. Trunk
forward—*turn*. (*Attention*).

b. (With the right foot forward, right hand hip
firm, left hand neck—*rest*). Trunk to
the right—*bend*. Trunk upward—
stretch. Feet and arms—*change*, 1, 2.
Trunk to the left—*bend*. Trunk up-
ward—*stretch*. (Feet and arms—
Attention).

7. a. Forward—*march*. Class—*halt*, 1, 2.
[The class may be turned to the
right or left, before the command
“Forward—*march*.”]

b. With turning to the left, upward—*jump*,
1, 2, (3, 4), 5, 6. With turning to the
right, upward—*jump*, 1, 2, (3, 4), 5, 6.

c. (Hands on hips—*place*). Crosswise step,
left (or right) foot—*begin*. Class—*halt*.
(*Attention*).

8. With deep breathing, arms sideways—*raise*.
Arms downward—*lower*.

*See Appendix A. of the Syllabus.

TABLE 54.

EXERCISES.

1. a. BREATHING. *Hands on chest.*
- b. HEAD BENDING BACKWARD, WITH ARM RAISING SIDEWAYS.
- c. HEEL RAISING. ARM FLINGING. *Arms across bend.*
2. TRUNK BENDING BACKWARD AND FORWARD. *Foot forward place, Neck rest.*
3. ARM STRETCHING UPWARD AND FORWARD, WITH TURNING TO THE LEFT AND RIGHT.
4. HEEL RAISING AND KNEE BENDING. ARM RAISING FORWARD AND PARTING.
5. ARM RAISING FORWARD AND UPWARD, SWINGING DOWNWARD AND BACKWARD, AND FORWARD AND SIDEWAYS.

COMMANDS.

1. a. (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*).
- b. With arm raising sideways, head backward—*bend*. With arm lowering head upward—*stretch*.
- c, (Arms across—*bend*). Heels—*raise*. Arms—*fling*. Arms—*bend*. Heels—*lower*. (*Attention*).
2. (With the left foot forward, Neck—*rest*). Trunk backward—*bend*. Trunk forward—*bend*. Trunk upward—*stretch*. Feet and Arms—*change*. Trunk backward—*bend*. Trunk forward—*bend*. Trunk upward—*stretch*. (Feet and arms—*Attention*).
3. To the left, turn and arms upward—*stretch*. To the right, turn and arms forward—*stretch*. To the right, turn and arms upward—*stretch*. To the left, turn and arms forward—*stretch*. (Arms downward—*stretch*).
4. (Heels—*raise*. Knees bend and arms forward—*raise*). Arm parting by numbers—*1, 2*. (Knees stretch and arms—*lower*. Heels—*lower*).
5. (Arms forward and upward—*raise*). Arms downward and backward—*swing*. Arms forward and sideways—*swing*. Arms forward and upward—*swing*. (Arms forward and downward—*lower*).

TABLE 54.—(continued).

EXERCISES.

6. TRUNK TURNING AND BENDING
SIDEWAYS. *Feet astride,*
Hips firm.

7. a. MARCHING. RUNNING.

b. FORWARD JUMP TWICE.

c. HOP MARCH WITH STRAIGHT
KNEE, *or*, SKIPPING.

8. BREATHING. (*Attention*).

COMMANDS.

6. (With feet astride, hips—*firm*, 1, 2). Trunk to the left—*turn*. Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk to the right—*turn*. Trunk to the right—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. (Feet and arms in position—*place*, 1, 2).

7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left, before the command "Forward—*march*."] Forward—*run*. Class—*halt*, 1, 2, 3, 4.

b. Twice forward—*jump*, 1, 2 (3, 4), (5, 6), 7, 8. [The class jump one step forward on (3, 4), and (5, 6).]

c. (Hips—*firm*). Hop march with leg raising forward—*begin*. Class—*halt*, 1, 2. (*Attention*). [During the hop the raised leg is stretched forward with a *straight* knee and pointed toe, the body being kept *erect*.]

or, Second Skipping exercise, ready—*go*. Class—*halt*. [On the word "ready," the arms are extended to the "side-ways stretch" position. On "*go*," the skipping is commenced.]

8. Breathe—*in*. Breathe—*out*. *or*, Breathing—*commence*.

TABLE 55.

EXERCISES.

1. *a.* BREATHING. ARM RAISING FORWARD, AND PARTING.
- b.* OUTWARD LUNGE. *Hips firm.*
- c.* HEAD BENDING BACKWARD AND FORWARD. *Hips firm.*
2. *a.* TRUNK BENDING BACKWARD. ARM STRETCHING SIDEWAYS. *Arms bend.*
- b.* TRUNK BENDING FORWARD AND DOWNWARD. *Arms upward stretch.*
3. ARM STRETCHING FORWARD AND UPWARD, WITH MARKING TIME.
4. LEG RAISING BACKWARD, WITH ARM RAISING SIDEWAYS.
5. ARM RAISING AND LOWERING. *Arms sideways raise, Trunk forward bend.*

COMMANDS.

1. *a.* (Arms forward — *raise*). With deep breathing, arm parting by numbers—1, 2. (Arms downward—*lower*).
- b.* (Hips—*firm*). Left foot outward in lunge position—*place*. Feet—*change*, 1, 2. (Recover—*place*. (*Attention*). [On 1, the left foot is brought back; on 2, the right foot lunges.]
- c.* (Hips—*firm*). Head backward—*bend*. Head forward—*bend*. Head upward—*stretch*. (*Attention*).
2. *a.* (Arms upward—*bend*). Trunk backward—*bend*. Arms sideways — *stretch*. Arms—*bend*. Trunk upward—*stretch*. (Arms downward—*stretch*).
- b.* (Arms upward—*stretch*, 1, 2). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Arms downward—*stretch*, 1, 2).
3. Marking time, with arms forward and upward—*stretch*, 1, 2, 3, 4, 5, 6, 7, 8. Class—*halt*, 1, 2. [There are two movements of the feet to one of the arms, the arms moving with the *left* foot on 1, 3, 5, 7.]
4. Left leg backward and arms sideways—*raise*. Feet and arms—*change*. (Leg and arms—*lower*).
5. (Arms sideways—*raise*. Trunk forward—*bend*). Arm raising upward and lowering by numbers—1, 2. (Trunk upward—*stretch*. Arms—*lower*). [On 1, the arms are raised upward; on 2, they are lowered to the shoulder line.]

TABLE 55 (continued).

EXERCISES.

COMMANDS.

6. TRUNK TURNING. ARM
STRETCHING UPWARD.
Arms bend.

6. (Arms upward—*bend*). Trunk to the left
—*turn*). Arms upward—*stretch*. Arms
—*bend*. Trunk to the right—*turn*.
Arms upward—*stretch*. Arms—*bend*.
Trunk forward—*turn*. (Arms down-
ward—*stretch*).

7. a. MARCHING WITH ARM
STRETCHING SIDEWAYS AND
DOWNWARD.

7. a. With arm stretching sideways and
downward, forward—*march*. Class—
halt, 1, 2. [There are two movements
of the feet to each movement of the
arms.]

b. LONG JUMPING.

b. [Long jumping may be taken over two
lines chalked on the floor. There
should be a running start, say, of *three*
steps, and the jumping may be taken
from the left or right foot as com-
manded. The landing must be in
correct form, correctness of style
rather than the length of the jump
should be attended to.]

c. GAME* or SKIPPING.

c. Second Skipping exercise, ready—*go*.
Class—*halt*. [On the word "ready,"
the arms are extended to the "side-
ways stretch" position. On "*go*,"
the skipping is commenced.]

8. BREATHING. *Hands on chest.*

8. (Hands on chest — *place*). Breathe—*in*.
Breathe—*out*. or, Breathing—*com-
mence*. (*Attention*).

*See footnote to Table 1.

TABLE 56.

EXERCISES.

1. *a.* HEAD BENDING BACKWARD, WITH ARM TURNING OUTWARD AND INWARD.

b. FOOT PLACING FORWARD, OUTWARD AND SIDEWAYS. HEEL RAISING. *Hips firm.*

e. BREATHING. ARM RAISING SIDEWAYS.

2. TRUNK BENDING BACKWARD AND FORWARD, ARM FLINGING. *Feet astride, Arms across bend.*

3. ARM STRETCHING FORWARD, UPWARD, SIDEWAYS AND DOWNWARD, *twice in each direction.*

4. KNEE RAISING, LEG STRETCHING FORWARD. *Neck rest.*

COMMANDS.

1. *a.* Head backward—*bend*. Arm turning outward and inward by numbers—1, 2. Head upward—*stretch*.

b. (Hips—*firm*). Foot placing forward, outward and sideways, with heel raising, left foot—*begin*, 1, 2, 3, 4. 1, 2, 3, 4. 1, 2, 3, 4. Foot placing forward, outward and sideways with heel raising, right foot—*begin*, 1, 2, 3, 4. 1, 2, 3, 4. 1, 2, 3, 4. (*Attention*).

e. With deep breathing, arms sideways—*raise*. Arms downward—*lower*.

2. (With feet astride, arms across—*bend*). Trunk backward—*bend*. Arms—*fling*. Arms—*bend*. Trunk forward—*bend*. Arms—*fling*. Arms—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*).

3. With *twice* in each direction, arms forward, upward, sideways and downward—*stretch*.

4. (Neck—*rest*). Left knee—*raise*. Leg forward—*stretch*. Knee—*bend*. Knee—*lower*. Right knee—*raise*. Leg forward—*stretch*. Knee—*bend*. Knee—*lower*. (*Attention*).

TABLE 56 (continued).

EXERCISES.

5. ARM SWINGING FORWARD AND SIDEWAYS, WITH FORWARD LUNGE. *Arms forward and upward raise.*

6. TRUNK BENDING SIDEWAYS. *Foot forward place, Arms sideways stretch.*

7. a. MARCHING.

b. STANDING JUMP, OVER A ROPE.

c. RUNNING, GAME* or, SKIPPING.

8. BREATHING. *Hips firm.*

COMMANDS.

5. (Arms forward and upward—*raise*). With arm swinging forward and sideways, left foot forward in lunge position—*place*. Arms forward and upward—*swing*. Arms forward and sideways—*swing*. Feet and arms—*change*. Arms forward and upward—*swing*. Arms forward and sideways—*swing*. Recover—*place*. (Arms forward and downward—*lower*).

6. (With the left foot forward, arms sideways—*stretch*). Trunk to the left—*bend*. Trunk to the right—*bend*. Trunk upward—*stretch*. Feet and arms—*change*. Trunk to the left—*bend*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*).

7. a. Forward—*march*. Class—*halt, 1, 2*. [The class may be turned to the right or left before the command "Forward—*march*."]

b. [The jump is taken from both feet as in the "Upward jump," with no running start, but bending the knees to clear the rope.]

Forward—*run*. Class—*halt, 1, 2, 3, 4*. or, Third Skipping exercise, ready—*go*. Class—*halt*. [On the word "ready," the arms are extended to the "sideways stretch" position: on "go," the skipping is commenced.]

8. (Hips—*firm*). Breathe — *in*. Breathe — *out*. or, Breathing — *commence*. (*Attention*).

*See footnote to Table 1.

TABLE 57.

EXERCISES.

1. *a.* BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDWAYS AND DOWNWARD.
- b.* HEAD TURNING. *Hips firm, Trunk forward bend.*
- c.* FOOT PLACING FORWARD AND OUTWARD. HEEL RAISING AND KNEE BENDING. *Hips firm.*
2. *a.* TRUNK BENDING BACKWARD. *Neck rest.*
- b.* TRUNK BENDING FORWARD AND DOWNWARD. *Arms upward stretch.*
3. ALTERNATE ARM STRETCHING UPWARD AND BACKWARD, FORWARD AND SIDWAYS.
4. HEEL RAISING AND KNEE FULL BENDING. ARM STRETCHING SIDWAYS AND UPWARD. *Arms bend.*

COMMANDS.

1. *a.* With deep breathing, arms forward and upward—*raise*. Arms sideways and downward—*lower*.
- b.* (Hips—*firm*. Trunk forward—*bend*). Head to the left—*turn*. Head to the right—*turn*. Head forward—*turn*. (Trunk upward—*stretch*. *Attention*).
- c.* (Hips—*firm*). Foot placing forward and outward, with heel raising and knee bending, left foot—*begin*, 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6. Foot placing forward and outward, with heel raising and knee bending, right foot—*begin*, 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6. (*Attention*).
2. *a.* (Neck—*rest*). Trunk backward—*bend*. Trunk upward—*stretch*. (*Attention*).
- b.* (Arms upward—*stretch*). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Arms downward—*stretch*).
3. Left arm upward, right arm backward—*stretch*. Arms—*change*. Right arm forward, left arm sideways—*stretch*. Arms—*change*. (Arms downward—*stretch*).
4. (Arms upward — *bend*). Heels — *raise*. Knees full—*bend*. Arms sideways—*stretch*. Arms upward—*stretch*. Arms — *bend*. Knees — *stretch*. Heels—*lower*. (Arms downward—*stretch*).

TABLE 57.—(continued).

EXERCISES.

COMMANDS.

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| <p>5. ARM RAISING FORWARD, AND PARTING. <i>Trunk forward bend.</i></p> <p>6. TRUNK TURNING AND BENDING SIDEWAYS. <i>Arms bend.</i></p> <p>7. a. MARCHING.</p> <p style="padding-left: 20px;">b. MARCHING WITH KNEE RAISING AND LEG STRETCHING FORWARD.</p> <p style="padding-left: 20px;">“STORK MARCH.”</p> <p style="padding-left: 20px;">c. STANDING LONG JUMP. <i>or</i>, GAME* <i>or</i>; DANCING STEP.*</p> <p>8. BREATHING. (<i>Attention</i>).</p> | <p>5. (Arms forward—<i>raise</i>. Trunk forward—<i>bend</i>). Arm parting by numbers—1, 2. (Trunk upward—<i>stretch</i>. Arms—<i>lower</i>).</p> <p>6. (Arms upward—<i>bend</i>). Trunk to the left—<i>turn</i>. Trunk to the left—<i>bend</i>. Trunk upward—<i>stretch</i>. Trunk forward and to the right—<i>turn</i>. Trunk to the right—<i>bend</i>. Trunk upward—<i>stretch</i>. Trunk forward—<i>turn</i>. (Arms downward—<i>stretch</i>).</p> <p>7. a. Forward — <i>march</i>. Class—<i>halt</i>, 1, 2. [The class may be turned to the right or left before the command “Forward —<i>march</i>.”]</p> <p style="padding-left: 20px;">b. With left knee raising and leg stretching forward—<i>march</i>, 1, 2, 3, 4, Class—<i>halt</i>.</p> <p style="padding-left: 20px;"><i>or</i>, “Stork March,” left foot—<i>begin</i>, 1, 2, 3, 4. [On 1, the knee is raised; on 2, the leg is stretched forward; on 3, the raised foot is brought to the ground; on 4, there is a short pause with the whole weight on the front leg and the back heel raised.]</p> <p style="padding-left: 20px;">c. [Special attention is to be paid to correctness of style, rather than to the length of the jump.]</p> <p>8. Breathe—<i>in</i>. Breathe—<i>out</i>. <i>or</i>, Breathing—<i>commence</i>.</p> |
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*See footnote to Table 1.

TABLE 58.

EXERCISES.

1. *a.* HEAD ROLLING. *Hips firm.*

- b.* HEEL RAISING AND KNEE BENDING, WITH ARM RAISING SIDEWAYS AND UPWARD.

- c.* BREATHING. *Hands on chest.*

2. *a.* TRUNK BENDING BACKWARD. ARM STRETCHING SIDEWAYS. *Feet astride, Arms bend.*

- b.* TRUNK BENDING FORWARD AND DOWNWARD. *Arms upward stretch.*

3. ARM STRETCHING FORWARD AND SIDEWAYS, WITH A STEP TO THE LEFT AND RIGHT.

4. KNEE RAISING, FOOT BENDING AND STRETCHING. *Arms bend.*

COMMANDS.

1. *a.* (Hips—*firm*). Head rolling to the left—*begin*. Head rolling to the right—*begin*. (*Attention*).

- b.* With heels raising and knees bending, arms sideways and upward—*raise*. With knees stretching and heels lowering, arms sideways and downward—*lower*. [The *arms* are raised to the shoulder as the heels are raised, and upward, as the knees are bent. The return movement is similarly performed.]

- c.* (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing — *commence*. (*Attention*).

2. *a.* (With feet astride, arms upward—*bend*). Trunk backward—*bend*. Arms sideways—*stretch*. Arms—*bend*. Trunk upward—*stretch*. (Feet and arms in position—*place*).

- b.* (Arms upward—*stretch*). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Arms downward—*stretch*).

3. With one step to the left, arms forward—*stretch*. With one step to the right—arms sideways—*stretch*. (Arms downward—*stretch*).

4. (Arms upward—*bend*). Left knee—*raise*. Foot bending and stretching by numbers—*1, 2*. Knees—*change*. Foot bending and stretching by numbers—*1, 2*. Knee—*lower*. (Arms downward—*stretch*).

TABLE 58—(continued).

EXERCISES.

5. ARM FLINGING WITH FORWARD LUNGE. *Arms across bend,*

6. TRUNK TURNING AND BENDING SIDEWAYS. *Right hand hip firm, Left hand neck rest.*

7. a. MARCHING.

b. RUNNING MAZE, or FOURTH SKIPPING EXERCISE.

c. TWICE UPWARD JUMP WITH TURNING TO THE RIGHT OR LEFT.

8. BREATHING. ARM RAISING SIDEWAYS.

COMMANDS.

5. (Arms across—*bend*). With arm flinging, left foot forward in lunge position—*place*. Feet and arms—*change*, 1, 2. (Feet and arms—*Attention*).

6. (Right hand hip firm, left hand neck—*rest*). Trunk to the right—*turn*. Trunk to the right—*bend*. Trunk upward—*stretch*. Arms—*change*. Trunk forward and to the left—*turn*. Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. (*Attention*).

7. a. Forward — *march*. Class—*halt*, 1, 2. [The class may be turned to the right or left before the command "Forward —*march*."]

b. Fourth Skipping exercise, ready—*go*. Class—*halt*. [On the word "ready," the arms are extended to the "sideways stretch" position. On "go," the skipping is commenced.]

c. With turning to the right, twice upward —*jump*, 1, 2, (3, 4), (5, 6), 7, 8. [The turn is made during the second jump, on (5, 6).]

8. With deep breathing, arms sideways—*raise*. Arms downward—*lower*.

TABLE 59.

EXERCISES.

1. *a.* BREATHING. ARM RAISING FORWARD, AND PARTING.

- b.* HEEL RAISING WITH *slow* ARM STRETCHING UPWARD. *Arms bend.*

- c.* HEAD BENDING SIDEWAYS. *Hips firm.*

2. TRUNK BENDING BACKWARD AND FORWARD. *Arms sideways stretch.*

3. ARM STRETCHING SIDEWAYS, UPWARD, FORWARD AND DOWNWARD, *twice* IN EACH DIRECTION.

4. LEG RAISING SIDEWAYS, WITH ARM RAISING SIDEWAYS.

COMMANDS.

1. *a.* (Arms forward—*raise*). With deep breathing, arm parting by numbers—1, 2. (Arms downward—*lower*).

- b.* (Arms upward — *bend*).^{*} With heel raising and lowering, *slow* arm stretching upward by numbers—1—2. (Arms downward—*stretch*).

- c.* (Hips—*firm*). Head to the left—*bend*. Head to the right—*bend*. Head upward—*stretch*. (*Attention*).[†]

2. (Arms sideways—*stretch*). Trunk backward —*bend*. Trunk forward—*bend*. Trunk upward—*stretch*. (Arms downward—*stretch*).

3. With *twice* in each direction, arms sideways, upward, forward and downward — *stretch*.

4. Left leg and arms sideways—*raise*. Feet and arms—*change*. (Leg and arms—*lower*).

TABLE 59—(continued).

EXERCISES.

COMMANDS.

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| <p>5. ARM SWINGING DOWNWARD AND BACKWARD, WITH FOOT PLACING FORWARD. <i>Arms forward and upward raise.</i></p> <p>6. a. TRUNK TURNING. <i>Feet close, Arms bend.</i></p> <p>b. TRUNK BENDING SIDEWAYS. <i>Feet astride, Neck rest.</i></p> <p>7. a. MARCHING.</p> <p>b. BALANCE MARCH. <i>Hips firm.</i></p> <p>c. RUNNING OR GAME* OR DANCING STEP.*</p> <p>8. BREATHING. <i>Hips firm.</i></p> | <p>5. (Arms forward and upward—<i>raise</i>). With the left foot forward, arms downward and backward—<i>swing</i>. Feet and arms—<i>change</i>. (Feet and arms—<i>Attention</i>).</p> <p>6. a. (With feet close, arms upward—<i>bend</i>). Trunk to the left—<i>turn</i>. Trunk forward and to the right—<i>turn</i>. Trunk forward and to the left—<i>turn</i>. Trunk forward—<i>turn</i>. (Feet and arms—<i>Attention</i>).</p> <p>b. (With feet astride, neck—<i>rest</i>). Trunk to the left—<i>bend</i>. Trunk to the right—<i>bend</i>. Trunk upward—<i>stretch</i>. (Feet and arms in position—<i>place</i>).</p> <p>7. a. Forward—<i>march</i>. Class—<i>halt, 1, 2</i>. [The class may be turned to the right or left, before the command “Forward—<i>march</i>.”]</p> <p>b. Balance march, left foot—<i>begin, 1, 2, 3, 4, 5, 6, 7, 8</i>. [On 1, 2, and 3, three ordinary steps are taken; on 4, the right leg is raised forward and is kept in this position during 5, 6, 7, 8. On 1, the movement is repeated beginning with the right foot.]</p> <p>c. Forward—<i>run</i>. Class—<i>halt, 1, 2, 3, 4</i>.</p> <p>8. (Hips—<i>firm</i>). Breathe—<i>in</i>. Breathe—<i>out</i>. or, Breathing—<i>commence</i>. (<i>Attention</i>).</p> |
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*See footnote to Table 1.

TABLE 60.

EXERCISES.

1. *a.* FOOT PLACING FORWARD, OUTWARD AND SIDEWAYS. HEEL RAISING. *Hips firm.*
- b.* HEAD BENDING BACKWARD, WITH ARM TURNING OUTWARD AND INWARD.
- c.* BREATHING. ARM RAISING SIDEWAYS AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.
2. TRUNK BENDING BACKWARD, ARM FLINGING, TRUNK BENDING FORWARD AND DOWNWARD, WITH ARM STRETCHING UPWARD. *Arms across bend.*
3. ARM STRETCHING UPWARD AND FORWARD, WITH TURNING TO THE LEFT AND RIGHT.
4. HEEL RAISING AND KNEE BENDING. *Foot outward place, Arms sideways stretch.*

COMMANDS.

1. *a.* (Hips—*firm*). Foot placing forward, outward and sideways, with heel raising, left foot—*begin, 1, 2, 3, 4. 1, 2, 3, 4. 1, 2, 3, 4.* Foot placing forward, outward and sideways, with heel raising, right foot—*begin, 1, 2, 3, 4. 1, 2, 3, 4. 1, 2, 3, 4. (Attention).*
- b.* Head backward—*bend.* Arm turning outward and inward by numbers—*1, 2. Head upward—stretch.*
- c.* With deep breathing, arms sideways and upward—*raise.* Arms sideways and downward—*lower.*
2. (Arms across—*bend*). Trunk backward—*bend.* Arms—*fling.* Arms—*bend.* Trunk upward—*stretch.* Arms upward—*stretch, 1, 2.* Trunk forward and downward—*bend.* Trunk forward and upward—*stretch.* (Arms downward—*stretch*).
3. To the left, turn and arms upward—*stretch.* To the right, turn and arms forward—*stretch.* To the right, turn and arms upward—*stretch.* To the left, turn and arms forward—*stretch.* (Arms downward—*stretch*).
4. (Left foot outward—*place*). Heels—*raise.* Knees—*bend.* Arms sideways—*stretch.* Arms downward—*stretch.* Knees—*stretch.* Heels—*lower.* Feet—*change.* Heels—*raise.* Knees—*bend.* Arms sideways—*stretch.* Arms downward—*stretch.* Knees—*stretch.* Heels—*lower.* (Reeover—*place*).

TABLE 60.—(continued).

EXERCISES.

5. ARM SWIMMING. *Arms in swimming position, Trunk forward bend.*

6. TRUNK TURNING. ARM STRETCHING UPWARD. *Arms bend.*

7. a. MARCHING.

b. "STORK MARCH."

c. SKIPPING or GAME.*

8. BREATHING. *Hands on chest.*

COMMANDS.

5. (Arms in swimming position—*place*. Trunk forward—*bend*). Arm swimming—*begin*, 1. 2. 3. (Trunk upward—*stretch*. *Attention*). [In this exercise the arms make the usual swimming movements.]

6. (Arms upward—*bend*). Trunk to the left—*turn*. Arms upward—*stretch*. Arms—*bend*. Trunk forward, and to the right—*turn*. Arms upward—*stretch*. Arms—*bend*. Trunk forward—*turn*. (Arms downward—*stretch*).

7. a. Forward—*march*. Class—*halt*, 1, 2. [The class may be turned to the right or left, before the command "Forward—*march*."]]

b. "Stork march," left foot—*begin*, 1, 2, 3, 4. [On 1, the knee is raised; on 2, the leg is stretched forward; on 3, the raised foot is brought to the ground; on 4, there is a short pause, with the whole weight on the front leg and the back heel raised.]]

c. Fourth Skipping exercise, ready—*go*. Class—*halt*. [On the word "ready," the arms are extended to the "sideways stretch" position. On "go," the skipping is commenced.]]

8. (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*).

*See footnote to Table 1.

TABLE 61.

EXERCISES.

1. a. BREATHING. (*Attention*).
 - b. HEEL RAISING AND KNEE BENDING. ARM RAISING SIDEWAYS AND UPWARD.
 - c. HEAD BENDING BACKWARD AND FORWARD.
 2. TRUNK BENDING BACKWARD AND FORWARD. *Foot forward, Neck rest.*
 3. ARM STRETCHING UPWARD, FORWARD AND DOWNWARD, WITH TURNING TO THE RIGHT OR LEFT, ON *downward*.
 4. LEG AND ARM RAISING FORWARD.
- or, HEEL RAISING AND ALTERNATE KNEE BENDING. *Feet astride, Hips firm.*

COMMANDS.

1. a. Breathe—*in*. Breathe—*out*. or, Breathing—*commence*.
 - b. With heels raising and knees bending, arms sideways and upward—*raise*. With knees stretching and heels lowering, arms sideways and downward—*lower*. (As the heels are raised, the arms are raised to the shoulder line; as the knees are bent, the arms are raised upward. The return movement is carried out in a similar manner).
 - c. Head backward—*bend*. Head upward—*stretch*. Head forward—*bend*. Head upward—*stretch*.
 2. (Feet full—*open*. With the left foot forward, neck—*rest*). Trunk backward—*bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. Feet—*change, 1, 2*. Trunk backward—*bend*. Trunk upward—*stretch*. Trunk forward—*bend*. Trunk upward—*stretch*. (Feet and arms—*Attention*).
 3. With turning to the left on “downward,” arms upward, forward and downward—*stretch, 1, 2, 3, 4, 5, 6*. (The first movement of the turn is made as the arms are bent before stretching *downward*, the turn is completed as the arms are stretched *downward*). The arm stretching to be repeated with the turn to the right.
 4. Left leg and arms, forward—*raise*. Leg and arms—*lower*. Right leg and arms, forward—*raise*. Leg and arms—*lower*.
- or, (With feet astride, hips—*firm, 1, 2*). Heels—*raise*. Left knee—*bend*. Knees—*change*. Knee—*stretch*. Heels—*lower*. (Feet and arms in position—*place, 1, 2*).

TABLE 61—(continued).

EXERCISES.

5. *a.* ARM SWINGING FORWARD AND UPWARD, AND FORWARD AND SIDEWAYS. *Arms sideways raise, Trunk forward bend.*

b. TRUNK FALLING BACKWARD. *Kneeling, Hips firm.*

6. *a.* TRUNK TURNING. *Arms upward stretch.*

b. TRUNK BENDING SIDEWAYS. *Neck rest.*

7. *a.* TAPPING STEP OR GAME.*

b. BALANCE MARCH.

8. BREATHING. ARM RAISING FORWARD, AND PARTING.

COMMANDS.

5. *a.* (Arms sideways—*raise*. Trunk forward—*bend*). Arms forward and upward—*swing*. Arms forward and sideways—*swing*. (Trunk upward—*stretch*. Arms downward—*lower*).

b. (Kneel—*down*. Hips—*firm*). Trunk backward—*fall*. Trunk upward—*raise*. (Stand—*Attention*).

6. *a.* (Arms upward—*stretch*, 1, 2). Trunk to the left—*turn*. Trunk forward and to the right—*turn*. Trunk forward—*turn*. (Arms downward—*stretch*, 1, 2).

b. (Neck—*rest*). Trunk to the left—*bend*. Trunk upward and to the right—*bend*. Trunk upward—*stretch*. (*Attention*).

7. *a.* (Hands on hips—*place*). Tapping step, left (or right) foot—*begin*, Class—*halt*. (*Attention*). [(*a*) Hop on the left foot four times; at the same time extend the right foot to the front with the knee straight, and tap four times on the floor with the point of the toe, keeping time with the hops on the left foot. (*b*) Change the feet with a slight spring, and repeat the hopping and tapping.]

b. (Hips—*firm*). Balance march, left foot—*begin*, 1, 2, 3, 4, 5, 6, 7, 8. [On 1, 2 and 3, three ordinary marching steps are taken; on 4, the right leg is raised forward and is kept in this position during 5, 6, 7, 8. On 1, the movement is repeated, beginning with the right foot.] (*Attention*).

8. (Arms forward—*raise*). With deep breathing, arm parting by numbers—1, 2. (Arms downward—*lower*).

*See footnote to Table 1.

TABLE 62.

EXERCISES.

1. *a.* HEAD BENDING BACKWARD, WITH ARM RAISING SIDEWAYS.
 - b.* BREATHING. *Hands on chest.*
 - c.* BACKWARD LUNGE. *Hips firm).*
2. TRUNK BENDING BACKWARD AND FORWARD ARM STRETCHING UPWARD. TRUNK BENDING DOWNWARD. *Feet astride, Arms bend.*
3. ALTERNATE ARM STRETCHING, UPWARD AND FORWARD, SIDEWAYS AND DOWNWARD.
4. KNEE RAISING, LEG STRETCHING BACKWARD. *Hips firm).*
5. *a.* ARM SWINGING FORWARD AND SIDEWAYS, WITH FORWARD LUNGE. *Arms forward and upward raise.*

COMMANDS.

1. *a.* With arm raising sideways, head backward—*bend*. With arm lowering, head upward—*stretch*.
 - b.* (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*).
 - c.* (Hips—*firm*). Left foot backward in lunge position — *place*. Reever—*place*. Right foot backward in lunge position — *place*. Reever — *place*. (*Attention*). [This lunge position is identical with a forward lunge of the right (or left) foot.]
2. (With feet astride, arms upward—*bend*). Trunk backward—*bend*. Arms upward—*stretch*. Arms—*bend*. Trunk forward — *bend*. Arms upward — *stretch*. Trunk downward — *bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place*).
3. Left arm upward, right arm forward—*stretch*. Arms—*change*. Right arm sideways, left arm downward—*stretch*. Arms—*change*. (Arms downward—*stretch*).
4. (Hips—*firm*). Left knee—*raise*. Leg backward—*stretch*. Knee—*bend*. Feet —*change*, 1, 2. Leg backward—*stretch*. Knee—*bend*. Knee—*lower*. (*Attention*).
5. *a.* (Arms forward and upward—*raise*). With arm swinging forward and sideways, left foot forward in lunge position—*place*. Arms forward and upward—*swing*. Arms forward and sideways—*swing*. Feet and arms—*change*. Arms forward and upward—*swing*. Arms forward and sideways—*swing*. Reever—*place*. (Arms forward and downward—*lower*).

TABLE 62.—(continued).

EXERCISES.	COMMANDS.
<i>b.</i> ALTERNATE LEG RAISING. <i>Lying, Hips firm.</i>	<i>b.</i> (Lie—down. Hips—firm). Left leg—raise. Leg—lower. Right leg—raise. Leg—lower. (Stand. Attention).
<i>or,</i> TRUNK FALLING BACKWARD. <i>Kneeling. Arms bend.</i>	<i>or,</i> (Kneel—down. Arms upward—bend). Trunk backward—fall. Trunk upward—raise. (Stand. Arms downward—stretch).
<i>6. a.</i> TRUNK TURNING. <i>Left arm bend, Right hand neck rest.</i>	<i>6. a.</i> (Left arm upward bend, right hand neck—rest). Trunk to the left—turn. Arms—change. Trunk forward, and to the right—turn. Arms—change. Trunk forward—turn. (Attention).
<i>b.</i> TRUNK BENDING SIDEWAYS. <i>Feet astride, Arms upward stretch.</i>	<i>b.</i> (With feet astride, arms upward—stretch). Trunk to the left—bend. Trunk to the right—bend. Trunk upward—stretch. (Feet and arms in position—place).
<i>7. a.</i> CROSSWISE STEP. <i>Hands on hips.*</i>	<i>7. a.</i> (Hands on hips—place). Crosswise step—begin. Class—halt. (Attention).
<i>b.</i> SKIPPING, <i>or</i> JUMPING, <i>or</i> GAME.*	<i>b.</i> Fourth Skipping exercise, ready—go. Class—halt. [On the word “ready,” the arms are extended to the “side-ways stretch” position. On “go,” the skipping is commenced.] <i>or,</i> With turning to the right, twice upward—jump, 1, 2, (3, 4), (5, 6), 7, 8. With turning to the left, twice upward—jump, 1, 2, (3, 4), (5, 6), 7, 8. [The turn is made during the second jump, on (5, 6).]
<i>8.</i> BREATHING. ARM TURNING OUTWARD AND INWARD.	<i>8.</i> With deep breathing, arm turning outward and inward by numbers—1, 2.

*See footnote to Table 1.

TABLE 63.

EXERCISES.

1. *a.* BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.
 - b.* FOOT PLACING FORWARD AND OUTWARD. HEEL RAISING AND KNEE BENDING. *Hips firm.*
 - c.* HEEL RAISING WITH *slow* ARM STRETCHING UPWARD. *Arms bend.*
 2. TRUNK BENDING BACKWARD AND FORWARD, ARM FLINGING. TRUNK BENDING DOWNWARD WITH ARM STRETCHING UPWARD. *Arms across bend.*
 3. ARM STRETCHING SIDEWAYS AND UPWARD, WITH A STEP FORWARD AND BACKWARD.
 4. HEEL RAISING AND KNEE FULL BENDING. *Foot forward place, Hips firm.*
- or, KNEE RAISING WITH ARM RAISING SIDEWAYS.

COMMANDS.

1. *a.* With deep breathing, arms forward and upward—*raise*. Arms sideways and downward—*lower*.
 - b.* (Hips—*firm*). Foot placing forward and outward, with heel raising and knee bending, left foot—*begin*, 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6. Foot placing forward and outward, with heel raising and knee bending, right foot—*begin*, 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6. (*Attention*).
 - c.* (Arms upward — *bend*). With heel raising and lowering, *slow* arm stretching upward by numbers—1—, 2—. (Arms downward—*stretch*).
 2. (Arms across—*bend*). Trunk backward—*bend*. Arms—*fling*. Arms—*bend*. Trunk forward—*bend*. Arms—*fling*. Arms upward—*stretch*, 1, 2. Trunk downward—*bend*. Trunk forward and upward—*stretch*. (Arms downward—*stretch*).
 3. With one step forward, arms sideways—*stretch*. With one step backward, arms upward—*stretch*. (Arms downward—*stretch*).
 4. (With the left foot forward, hips—*firm*). Heels — *raise*. Knees full — *bend*. Knees—*stretch*. Heels—*lower*. Feet and arms—*change*. Heels — *raise*. Knees full—*bend*. Knees—*stretch*. Heels — *lower*. (Feet and arms—*Attention*).
- or, Left knee and arms sideways—*raise*. Feet and arms—*change*. Knee and arms—*lower*.

TABLE 63—(continued).

EXERCISES.

5. a. ARM FLINGING WITH BACKWARD LUNGE. *Arms across bend.*

b. PRONE FALLING.

6. TRUNK TURNING AND BENDING SIDEWAYS. *Feet astride, Arms sideways stretch.*

7. a. TAPPING STEP. *Hands on hips.*

b. MARCHING ON THE TOES WITH NECK REST.

c. RUNNING or GAME.*

8. BREATHING. *Hips firm.*

COMMANDS.

5. a. (Arms across—*bend*). With arms flinging, left foot backward in lunge position—*place*. Feet and arms—*change*. (Feet and arms in position—*place*).

b. Prone falling position—*place*, 1, 2. *Attention—1, 2.*

6. (With feet astride, arms sideways—*stretch*). Trunk to the left—*turn*. Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk forward and to the right—*turn*. Trunk to the right—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. (Feet and arms in position—*place*).

7. a. (Hands on hips—*place*). Tapping step, left (or right) foot—*begin*. Class—*halt*. (*Attention*). [(a) Hop on the left foot four times; at the same time extend the right foot to the front with the knee straight, and tap four times on the floor with the point of the toe, keeping time with the hops on the left foot. (b) Change the feet with a slight spring, and repeat the hopping and tapping.]

b. With neck rest, heels—*raise*. Forward—*march*. Class—*halt*, 1, 2, 3, [On 3, the arms are brought to the side and the heels are lowered.]

c. Forward—*run*. Class—*halt*, 1, 2, 3, 4.

8. (Hips—*firm*). Breathe — *in*. Breathe — *out*. or, Breathing — *commence*. (*Attention*).

*See footnote to Table 1.

TABLE 64.

EXERCISES.

1. a. HEAD BENDING SIDWAYS.
Feet close, Arms bend.
- b. OUTWARD LUNGE. *Half left turn, Hips firm.*
- c. BREATHING. ARM RAISING SIDWAYS AND UPWARD, LOWERING SIDWAYS AND DOWNWARD.
2. TRUNK BENDING BACKWARD, ARM STRETCHING UPWARD, TRUNK BENDING FORWARD, ARM STRETCHING SIDWAYS AND UPWARD, TRUNK BENDING DOWNWARD. *Feet astride, Arms bend.*
3. ALTERNATE ARM STRETCHING, UPWARD AND DOWNWARD, WITH A STEP FORWARD AND BACKWARD.
4. HEEL RAISING AND ALTERNATE KNEE BENDING. *Feet astride, Neck rest.*
5. a. ARM RAISING AND LOWERING. *Arms sideways raise, Trunk forward bend.*

COMMANDS.

1. a. (With feet close, arms upward—*bend*). Head to the left—*bend*. Head to the right—*bend*. Head upward—*stretch*. (Feet and arms—*Attention*).
- b. (Feet full—*open*. With a half left turn, Hips—*firm*). Left foot outward in lunge position—*place*. With turning, feet—*change*, 1, 2, 3. (*Attention*). [On 1, the left foot is brought back; on 2, a complete turn is made; on 3, the right foot lunges outward.]
- c. With deep breathing, arms sideways and upward—*raise*. Arms sideways and downward—*lower*.
2. (With feet astride, arms upward—*bend*). Trunk backward—*bend*. Arms upward—*stretch*. Arms—*bend*. Trunk forward—*bend*. Arms sideways and upward—*stretch*, 1, 2, 3. Trunk downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*place*).
3. With a step forward, right arm upward, left arm downward—*stretch*. With a step backward, right arm downward, left arm upward—*stretch*. (Arms downward—*stretch*).
4. (With feet astride, neck—*rest*. Heels—*raise*). Left knee—*bend*. Knees—*change*. (Knee—*stretch*. Heels—*lower*. Feet and arms in position—*place*).
5. a. (Arms sideways—*raise*. Trunk forward—*bend*). Arm raising upward and lowering by numbers—1, 2. (Trunk upward—*stretch*. Arms—*lower*). [On 1, the arms are raised *upward*; on 2, they are lowered to the shoulder line.]

TABLE 64—(continued).

EXERCISES.

- b. LEG RAISING. *Lying, Hips firm.*
6. TRUNK TURNING, TRUNK BENDING SIDEWAYS. *Foot forward place, Neck rest.*
7. a. REEL STEP.* *Hands on hips.*
- b. SLOW MARCH. *Hands on hips.*
- c. GAME,* or SKIPPING.
8. BREATHING. *Attention.*

COMMANDS.

- b. (Lie—down. Hips—firm). Legs—raise. Legs—lower. (*Stand. Attention*).
6. (With the left foot forward, neck—rest). Trunk to the left—*turn*. Trunk forward—*turn*. Feet and arms—*change*. Trunk to the right—*turn*. Trunk forward—*turn*. Feet and arms—*change*. Trunk to the left—*bend*. Trunk upward—*stretch*. Feet and arms—*change*. Trunk to the right—*bend*. Trunk upward—*stretch*. (Feet and arms—*Attention*).
7. a. (Hands on hips—*place*). Reel step, right foot — *begin*. Class — *halt*. (*Attention*).
- b. (Hands on hips—*place*). Slow march, left foot—*begin*, 1, 2, 3, 4. [On 1, the left foot is moved forward and the toe touches the ground ; on 2, the left heel is lowered ; on 3 and 4, these movements are repeated with the right foot.] Class—*halt*, 1, 2. [On 1, an ordinary marching step is taken with the left foot ; on 2, the right foot is brought forward to attention.]
- c. Fourth Skipping exercise, ready — *go*. Class — *halt*. [On the word “ready” the arms are extended to the “sideways stretch” position. On “go,” the skipping is commenced.]
8. Breathe—*in*. Breathe—*out*. or, Breathing—*commence*.

*See footnote to Table 1.

TABLE 65.

EXERCISES.

1. a. BREATHING. ARM RAISING FORWARD, AND PARTING.
- b. HEAD TURNING. *Hips firm, Trunk forward bend.*
- c. KNEE BENDING AND STRETCHING, WITH ARM PARTING. *Heels raise, Arms forward and upward raise.*
2. TRUNK BENDING BACKWARD AND FORWARD, ARM STRETCHING UPWARD. TRUNK BENDING DOWNWARD. *Feet astride, Arms bend.*
3. ARM STRETCHING SIDEWAYS, WITH TURNING TO THE LEFT OR RIGHT ABOUT.
4. LEG AND ARM RAISING SIDEWAYS.
5. a. ARM SWINGING FORWARD AND SIDEWAYS, FORWARD AND UPWARD. *Forward lunge, Arms forward and upward raise.*

COMMANDS.

1. a. (Arms forward—*raise*). With deep breathing, arm parting by numbers—1, 2. (Arms—*lower*).
- b. (Hips—*firm*. Trunk forward—*bend*). Head to the left—*turn*. Head to the right—*turn*. Head forward—*turn*. (Trunk upward—*stretch*. *Attention*).
- c. (Heels—*raise*. Arms forward and upward—*raise*). Knee bending and stretching with arm parting by numbers—1, 2. (Arms forward and downward—*lower*. Heels—*lower*).
2. (With feet astride, arms upward—*bend*). Trunk backward—*bend*. Arms upward—*stretch*. Arms—*bend*. Trunk forward—*bend*. Arms upward—*stretch*. Trunk downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms in position—*ptace*).
3. To the left about turn, and arms sideways—*stretch*, 1 2. To the right about turn, and arms sideways—*stretch*, 1, 2. (Arms downward—*stretch*).
4. Left leg and arms sideways—*raise*. Feet and arms—*change*. (Leg and arms—*lower*).
5. a. (With arm raising forward and upward, left foot forward in lunge position—*ptace*). Arms forward and sideways—*swing*. Arms forward and upward—*swing*. Feet and arms—*change*. Arms forward and sideways—*swing*. Arms forward and upward—*swing*. (*Attention*).

TABLE 65—(continued).

EXERCISES.

b. PRONE FALLING. FOOT
PLACING FORWARD AND
BACKWARD.

or, ALTERNATE LEG RAISING.
Lying.

3. a. TRUNK TURNING. ARM
STRETCHING UPWARD.
Arms bend.

b. TRUNK BENDING SIDEWAYS.
*Left hand hip firm, Right
hand neck rest.*

1. a. TOE AND HEEL STEP.
Hands on Hips.

b. JUMPING OVER A ROPE
WITH TURNING TO THE
RIGHT OR LEFT ABOUT.

3. BREATHING. *Hips firm.*

COMMANDS.

b. (Prone falling position—*place*, 1, 2).
Foot placing forward and backward—
1, 2. (*Attention*—1, 2).

or, (Lie—*down*. Hips—*firm*). Left leg—
raise. Feet—*change*, 1, 2. [On 1,
the left leg is lowered ; on 2, the right
leg is raised.] Leg—*lower*. (*Stand*.
Attention).

6. a. (Arms upward—*bend*). Trunk to the
left — *turn*. Arms upward—*stretch*.
Arms—*bend*. Trunk forward and to
the right — *turn*. Arms upward—
stretch. Arms—*bend*. Trunk forward
— *turn*. (Arms downward—*stretch*).

b. (Left hand hip firm, right hand neck—
rest). Trunk to the left — *bend*.
Trunk upward — *stretch*. Arms—
change. Trunk to the right—*bend*.
Trunk upward—*stretch*. (*Attention*).

7. a. (Hands on hips—*place*). Toe and heel
step, left (or right) foot—*begin*. Class
— *halt*. (*Attention*).

b. [The about turn is made as the body is
in the air just before landing. For
turning to the *right about*, the jump is
taken from the *right* foot ; for turning
to the *left about*, the jump is taken
from the *left* foot.]

8. (Hips — *firm*). Breathe — *in*. Breathe
— *out*. or, Breathing — *commence*.
(*Attention*).

TABLE 66.

EXERCISES.

1. *a.* HEAD BENDING BACKWARD,
WITH ARM TURNING OUT-
WARD AND INWARD.

b. FOOT PLACING FORWARD,
OUTWARD AND SIDEWAYS.
HEEL RAISING AND KNEE
BENDING. *Hips firm.*

c. BREATHING. (*Attention*).

2. TRUNK BENDING BACKWARD
AND FORWARD. *Feet close,*
Neck rest.

3. ARM STRETCHING DOWNWARD,
FORWARD, SIDEWAYS AND
UPWARD, *twice* IN EACH
DIRECTION.

4. HEEL RAISING AND KNEE FULL
BENDING. ARM STRETCH-
ING FORWARD. *Arms bend.*

or, KNEE RAISING, FOOT BEND-
ING AND STRETCHING.
Neck rest.

COMMANDS.

1. *a.* Head backward—*bend*. Arm turning
outward and inward by numbers—1, 2.
Head upward—*stretch*.

b. (*Hips—firm*). Foot placing forward,
outward and sideways, with heel
raising and knee bending, left foot—
begin, 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6.
1, 2, 3, 4, 5, 6. Foot placing forward,
outward and sideways, with heel rais-
ing and knee bending, right foot—
begin, 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6.
1, 2, 3, 4, 5, 6. (*Attention*).

c. Breathe — *in*. Breathe — *out*. *or,*
Breathing—*commence*.

2. (*With feet close, neck—rest*). Trunk back-
ward—*bend*. Trunk forward—*bend*.
Trunk upward—*stretch*. (*Attention*).

3. With *twice* in each direction, arms down-
ward, forward, sideways and upward
—*stretch*.

4. (*Arms upward—bend*). Heels — *raise*.
Knees full—*bend*. Arms forward—
stretch. Arms—*bend*. Knees—*stretch*,
Heels—*lower*. (*Arms downward—*
stretch).

or, (*Neck—rest*). Left knee—*raise*. Foot
bending and stretching by numbers—
1, 2. Knees—*change*. Foot bending
and stretching by numbers—1, 2.
Knee—*lower*. (*Attention*).

TABLE 66.—(continued).

EXERCISES.	COMMANDS.
5. <i>a.</i> ARM FLINGING. <i>Backward lunge, Arms across bend.</i>	5. <i>a.</i> (With arms across bend, left foot backward in lunge position — <i>place</i>). Arms— <i>fling</i> . Arms— <i>bend</i> . Feet and arms— <i>change</i> . Arms— <i>fling</i> . Arms— <i>bend</i> . (<i>Attention</i>).
<i>b.</i> TRUNK FALLING BACKWARD. <i>Kneeling.</i>	<i>b.</i> (Kneel— <i>down</i>). Trunk backward— <i>fall</i> . Trunk upward— <i>raise</i> . (<i>Stand</i>).
6. TRUNK TURNING AND BENDING SIDEWAYS. <i>Arms sideways stretch.</i>	6. (Arms sideways— <i>stretch</i>). Trunk to the left— <i>turn</i> . Trunk to the left— <i>bend</i> . Trunk upward — <i>stretch</i> . Trunk forward and to the right— <i>turn</i> . Trunk to the right— <i>bend</i> . Trunk upward— <i>stretch</i> . Trunk forward— <i>turn</i> . (Arms downward— <i>stretch</i>).
7. <i>a.</i> SCOTCH STEP* <i>Hands on hips.</i>	7. <i>a.</i> (Hands on hips— <i>place</i>). Scotch step, right foot — <i>begin</i> . Class — <i>halt</i> . (<i>Attention</i>).
<i>b.</i> FIFTH SKIPPING EXERCISE.	<i>b.</i> Fifth Skipping exercise, ready— <i>go</i> . Class— <i>halt</i> . [On the word “ready,” the arms are extended to the “sideways stretch” position. On “go,” the skipping is commenced.]
<i>or, BALANCE MARCH.</i>	<i>or, (Hips—firm).</i> Balance march, left foot— <i>begin</i> , 1, 2, 3, 4, 5, 6, 7, 8. [On 1, 2 and 3, three ordinary marching steps are taken: on 4, the right leg is raised forward and is kept in this position during 5, 6, 7, 8. On 1, the movement is repeated, beginning with the right foot.] (<i>Attention</i>).
<i>c.</i> RUNNING <i>or</i> GAME.*	<i>c.</i> Forward— <i>run</i> . Class— <i>halt</i> , 1, 2, 3, 4.
8. BREATHING. ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.	8. With deep breathing, arms forward and upward— <i>raise</i> . Arms sideways and downward— <i>lower</i> .

*See footnote to Table 1.

TABLE 67.

EXERCISES

1. *a.* BREATHING. ARM RAISING
SIDWAYS AND UPWARD,
LOWERING SIDWAYS AND
DOWNWARD.
- b.* ALTERNATE HIPS FIRM AND
NECK REST WITH FEET
CLOSING AND OPENING.
- c.* OUTWARD LUNGE. *Half*
left turn, Hips firm.
2. TRUNK BENDING BACKWARD
AND FORWARD, *Left hand*
hip firm, Right hand neck
rest.
3. ALTERNATE ARM STRETCHING
SIDWAYS AND FORWARD,
WITH A STEP TO THE RIGHT
AND LEFT.
4. HEEL RAISING AND KNEE
BENDING. HEAD TURNING
Foot forward place, Arms
bend.
5. *a.* ARM RAISING UPWARD AND
LOWERING. *Feet astride,*
Arms forward raise,
Trunk forward bend.

COMMANDS.

1. *a.* With deep breathing, arms sideways and
upward—*raise*. Arms sideways and
downward—*lower*.
- b.* With feet close, hips—*firm*. With feet
open, neck—*rest*. (*Attention*).
- c.* (Feet full—*open*. With a half left turn,
hips—*firm*). Left foot outward in lunge
position—*place*. With turning, feet—
change, 1, 2, 3. (*Attention*). [On 1,
the left foot is brought back; on 2, a
complete turn is made; on 3, the right
foot lunges outward.]
2. (Left hand hip firm, right hand neck—*rest*).
Trunk backward—*bend*. Trunk forward
—*bend*. Trunk upward—*stretch*.
Arms—*change*. Trunk backward—
bend. Trunk forward—*bend*. Trunk
upward—*stretch*. (*Attention*).
3. With one step to the right, right arm side-
ways, left arm forward—*stretch*. With
one step to the left, right arm forward
left arm sideways—*stretch*. (Arms
downward—*stretch*).
4. (With the left foot forward, arms upward—
bend). Heels—*raise*. Knees—*bend*.
Head to the left—*turn*. Head to the
right—*turn*. Head forward—*turn*.
Knees—*stretch*. Heels—*lower*. Feet
and arms—*change*. Heels—*raise*.
Knees—*bend*. Head to the left—*turn*.
Head to the right—*turn*. Head for-
ward—*turn*. Knees—*stretch*. Heels
—*lower*. (*Attention*).
5. *a.* (With feet astride, arms forward—*raise*.
Trunk forward—*bend*). Arm raising
upward and lowering by numbers—*1,*
2. (Trunk upward—*stretch*. *Attention*).

TABLE 67—(continued).

EXERCISES.

b. SIDE FALLING.* *Hips firm.*

or, TRUNK BACKWARD FALLING.
Kneeling. Arms across bend.

6. a. TRUNK TURNING, ARM
FLINGING. *Feet close, Arms
across bend.*

b. TRUNK BENDING SIDEWAYS.
*Feet astride, Arms upward
stretch.*

7. a. REEL STEP.* *Hands on
hips.*

b. "STORK MARCH." *Hands
on hips.*

c. GAME* or SKIPPING.

8. BREATHING. *Hands on chest.*

COMMANDS.

b. With the left (or right) hand, hip firm,
side falling position—*place, 1, 2, 3.*
Turn—*over, 1, 2.* [On 1, the prone
falling position is taken; on 2, the side
falling position facing in the opposite
direction.] (*Attention, 1, 2, 3.*)

or, (Kneel—*down.* Arms across—*bend.*)
Trunk backward—*fall.* Trunk upward
—*raise.* (*Stand—Attention.*)

6. a. (With feet close, arms across—*bend.*)
Trunk to the left—*turn.* Arms—*fling.*
Arms—*bend.* Trunk forward and to
the right—*turn.* Arms—*fling.* Arms
—*bend.* Trunk forward — *turn.*
(*Attention.*)

b. (With feet astride, arms upward —
stretch.) Trunk to the left—*bend.*
Trunk upward and to the right—*bend.*
Trunk upward—*stretch.* (*Attention.*)

7. a. (Hands on hips—*place.*) Reel step, right
foot—*begin.* Class—*halt.* (*Attention.*)

b. (Hands on hips—*place.*) "Stork March,"
left foot—*begin, 1, 2, 3, 4.* [On 1, the
knee is raised; on 2, the leg is stretched
forward; on 3, the raised foot is brought
to the ground; on 4, there is a short
pause with the whole weight on the
front leg and the back heel raised.]
(*Attention.*)

c. Fifth Skipping exercise, ready—*go.*
Class—*halt.* [On the word "ready,"
the arms are extended to the "side-
ways stretch" position. On "go,"
the skipping is commenced.]

8. (Hands on chest—*place.*) Breathe—*in.*
Breathe—*out.* or, Breathing—*com-
mence.* (*Attention.*)

*See footnote to Table 1.

TABLE 68.

EXERCISES.

1. *a.* HEAD BENDING SIDWAYS.
Foot forward place, Hips firm.

- b.* HEEL RAISING WITH *slow*
ARM STRETCHING UPWARD.
Arms bend.

- c.* BREATHING. *Hips firm.*

2. *a.* TRUNK BENDING BACKWARD
ARM FLINGING. *Arms*
across bend.

- b.* TRUNK BENDING FORWARD,
AND DOWNWARD. *Arms*
upward stretch.

3. ARM STRETCHING UPWARD
WITH TURNING, TO THE
RIGHT, OR LEFT, ABOUT.

4. HEEL RAISING AND ALTERNATE
KNEE BENDING. *Feet*
astride, Arms bend.

- or, KNEE RAISING, WITH NECK*
REST.

COMMANDS.

1. *a.* (With hips firm, left foot forward—*place*). Head to the left—*bend*. Head to the right—*bend*. Head upward—*stretch*. Feet and arms—*change*. Head to the left—*bend*. Head to the right—*bend*. Head upward—*stretch*. (*Attention*).

- b.* (Arms upward—*bend*). With heel raising and lowering, *slow* arm stretching upward by numbers—1, 2. (Arms downward—*stretch*).

- c.* (Hips—*firm*). Breathe—*in*. Breathe—*out*. *or, Breathing—commence*. (*Attention*).

2. *a.* (Arms across—*bend*). Trunk backward—*bend*. Arms—*fling*. Arms—*bend*. Trunk upward—*stretch*. (*Attention*).

- b.* (Arms upward—*stretch*). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (*Attention*).

3. To the right about turn, and arms upward—*stretch*, 1, 2. To the left about turn, and arms upward—*stretch*, 1, 2. (Arms downward—*stretch*).

4. (With feet astride, arms upward—*bend*). Heels—*raise*. Left knee—*bend*. Knees—*change*. Knee—*stretch*. Heels—*lower*. (*Attention*).

- or, With left knee raise, neck—rest*. Knee and arms—*change*. (*Attention*).

TABLE 68—(continued).

EXERCISES.

5. *a.* ARM RAISING AND LOWERING SIDEWAYS. *Forward lunge, Arms sideways raise.*
- b.* PRONE FALLING, LEG RAISING.
6. TRUNK TURNING AND BENDING SIDEWAYS. *Neck rest.*
7. *a.* CROSSWISE STEP. *Hands on hips.*
- b.* JUMPING, or SKIPPING.
8. BREATHING. ARM RAISING SIDEWAYS.

COMMANDS.

5. *a.* (With arm raising sideways, left (or right) foot forward in lunge position —*place*). Arms—*raise*. Arms—*lower*. Feet and arms—*change*. Arms — *raise*. Arms—*lower*. (*Attention*)
- b.* (Prone falling position — *place*, 1, 2). Left leg—*raise*. Leg—*lower*. Right leg—*raise*. Leg—*lower*. (*Attention*).
6. (Neck—*rest*). Trunk to the left—*turn*. Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk forward and to the right—*turn*. Trunk to the right—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. (*Attention*).
7. *a.* (Hands on hips—*place*). Crosswise step —*begin*. Class—*halt*. (*Attention*).
- b.* With turning to the right, *twice* upward —*jump*, 1, 2, (3, 4), (5, 6), 7, 8. With turning to the left, *twice* upward—*jump*, 1, 2, (3, 4), (5, 6), 7, 8. [The turn is made during the second jump, on (5, 6).]
- or*, Fifth Skipping exercise, ready—*go*. Class —*halt*, 1, 2. [On the word “ready,” the arms are extended to the “sideways stretch” position. On “go,” the skipping is commenced.]
8. With deep breathing, arms sideways—*raise*. Arms downward—*lower*.

TABLE 69.

EXERCISES.

1. *a.* BREATHING. *Hands on chest.*
- b.* FOOT PLACING FORWARD, OUTWARD AND SIDWAYS, HEEL RAISING AND KNEE BENDING. *Neck rest.*
- c.* HEAD BENDING BACKWARD AND FORWARD.
2. *a.* TRUNK BENDING BACKWARD. *Toe support backward place, Neck rest.*
- b.* TRUNK FORWARD AND DOWNWARD BEND. *Arms upward stretch.*
3. ALTERNATE ARM STRETCHING UPWARD AND DOWNWARD, WITH TURNING TO THE RIGHT AND LEFT.
4. LEG CIRCLING. *Hips firm.*

COMMANDS.

1. *a.* (Hands on chest—*place*). Breathe—*in*. Breathe — *out*. or, Breathing — *commence*. (*Attention*).
- b.* (Neck—*rest*). With heel raising and knee bending, foot placing forward, outward and sideways, left foot—*begin*, 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6. With heel raising and knee bending, foot placing forward, outward and sideways, right foot—*begin*, 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6. 1, 2, 3, 4, 5, 6. (*Attention*).
- c.* Head backward—*bend*. Head forward—*bend*. Head upward—*stretch*.
2. *a.* (With neck rest, left foot backward on the toe—*place*). Trunk backward—*bend*. Trunk upward—*stretch*. Feet and arms—*change*. Trunk backward—*bend*. Trunk upward—*stretch*. (*Attention*).
- b.* (Arms upward—*stretch*). Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (Arms downward—*stretch*).
3. With turning to the left, left arm upward, right arm downward—*stretch*. With turning to the right, right arm upward, left arm downward—*stretch*.
4. (Hips—*firm*). Leg circling by numbers, left leg—*begin*, 1, 2, 3, 4. Leg circling by numbers, right leg—*begin*, 1, 2, 3, 4. (*Attention*). [On 1, the leg is raised forward; on 2, it takes the sideways raise position; on 3, the backward raise position; on 4, it is brought to Attention.]

TABLE 69.—(continued).

EXERCISES.

- or, LEG RAISING SIDWAYS
WITH ARM RAISING UP-
WARD, *Arms sideways*
raise.
5. a. ARM SWIMMING. *Arms in*
swimming position, Trunk
forward bend.
- b. LEG RAISING. *Lying.*
- or, SIDE FALLING *Neck rest.*
6. TRUNK TURNING, WITH ARM
RAISING FORWARD AND
UPWARD, AND LOWERING
SIDWAYS AND DOWNWARD.
7. a. SHUFFLE STEP.* *Hands*
on hips.
- b. MARCHING WITH ARM
STRETCHING UPWARD, FOR-
WARD AND DOWNWARD.
- c. GAME* or RUNNING.
8. BREATHING. ARM RAISING
SIDWAYS AND UPWARD,
LOWERING SIDWAYS AND
DOWNWARD.

COMMANDS.

- or, (Arms sideways—*raise*). Left leg side-
ways and arms upward—*raise*. Feet
and arms—*change*. (Leg and arms—*lower*).
5. a. (Arms in swimming position—*place*.
Trunk forward—*bend*). Arm swim-
ming—*begin*, 1, 2, 3. (Trunk upward
—*stretch*. *Attention*). [In this exer-
cise the arms make the usual swim-
ming movements.]
- b. (Lie—*down*. Legs—*raise*. Legs—*lower*.
(*Stand*)).
- or, With the left (or right) hand, neck rest,
side falling position—*place*, 1, 2, 3.
Turn—*over*, 1, 2. [On 1, the prone
falling position is taken; on 2, the
side falling position facing in the
opposite direction.] (*Attention*, 1, 2, 3).
6. With arm raising forward and upward,
trunk to the left—*turn*. With arm
lowering sideways and downward,
trunk forward—*turn*. With arm
raising forward and upward, trunk to
the right—*turn*. With arm lowering
sideways and downward, trunk forward
—*turn*.
7. a. Shuffle step, right (or left) foot—*begin*.
Class—*halt*.
- b. With arm stretching upward, forward
and downward—*march*. Class—*halt*,
1, 2. [There are two movements of
the feet to each movement of the arms]
- c. Forward—*run*. Class—*halt*, 1, 2, 3, 4.
8. With deep breathing, arms sideways and
upward—*raise*. Arms sideways and
downward—*lower*.

*See footnote to Table 1.

TABLE 70.

EXERCISES.

1. *a.* HEAD TURNING WITH *slow* ARM STRETCHING SIDEWAYS. *Arms bend.*

- b.* TOE LUNGE BACKWARD.
Hips firm.

- e.* BREATHING. ARM RAISING FORWARD, AND PARTING.

2. TRUNK BENDING BACKWARD, FORWARD AND DOWNWARD.
Feet astride, Arms upward stretch.

3. ARM STRETCHING FORWARD AND DOWNWARD, SIDEWAYS AND DOWNWARD, UPWARD AND DOWNWARD, *twice* IN EACH DIRECTION.

4. KNEE RAISING, LEG STRETCHING BACKWARD AND FORWARD. *Hips firm.*

COMMANDS.

1. *a.* (Arms upward—*bend*). With head turning to the left and forward, *slow* arm stretching sideways by numbers—1—2. With head turning to the right and forward, *slow* arm stretching sideways by numbers—1—2. (Arms downward—*stretch*).

- b.* (Hips—*firm*). Left foot backward in toe lunge position—*place*. Feet—*change*, 1, 2. Recover — *place*. (*Attention*). [In this lunge position, the toe, and not the whole foot, rests on the ground, the knee and ankle being fully stretched.]

- e.* (Arms forward — *raise*). With deep breathing, arm parting by numbers—1, 2. (Arms—*lower*).

2. (With feet astride, arms upward—*stretch*). Trunk backward—*bend*. Trunk forward—*bend*. Trunk downward—*bend*. Trunk forward — *stretch*. Trunk downward—*bend*. Trunk forward and upward—*stretch*. (Feet and arms—*Attention*).

3. With *twice* in each direction, arms forward and downward, sideways and downward, upward and downward—*stretch*.

4. (Hips—*firm*). Left knee—*raise*. Leg backward — *stretch*. Knee—*bend*. Leg forward—*stretch*. Knee—*bend*. Knee—*change*. Leg backward—*stretch*. Knee—*bend*. Leg forward—*stretch*. Knee—*bend*. Knee—*lower*. (*Attention*)

TABLE 70.—(continued).

EXERCISES.	COMMANDS.
5. <i>a.</i> ARM FLINGING WITH OUTWARD LUNGE. <i>Arms across bend.</i>	5. <i>a.</i> (Arms across— <i>bend</i>). With arms flinging, left foot outward in lunge position— <i>place</i> . Feet and arms— <i>change</i> . (<i>Attention</i>).
<i>b.</i> PRONE FALLING, ARM BENDING.	<i>b.</i> (Prone falling position— <i>place</i> , 1, 2). Arm bending and stretching by numbers—1, 2. (<i>Attention</i>).
<i>or</i> , TRUNK FALLING BACKWARD. <i>Kneeling, Neck rest.</i>	<i>or</i> , (Kneel — <i>down</i> . Neck — <i>rest</i>). Trunk backward— <i>fall</i> . Trunk upward— <i>raise</i> . (<i>Stand. Attention</i>).
6. SIDEWAYS LUNGE. <i>Hips firm.</i>	6. (Hips— <i>firm</i>). Left foot sideways in lunge position — <i>place</i> . Recover — <i>place</i> . Right foot sideways in lunge position — <i>place</i> . Recover— <i>place</i> . (<i>Attention</i>).
7. <i>a.</i> SCOTCH STEP. <i>Hands on hips.</i>	7. <i>a.</i> (Hands on hips— <i>place</i>). Scotch step, right foot — <i>begin</i> . Class — <i>halt</i> . (<i>Attention</i>).
<i>b.</i> UPWARD JUMP WITH TURNING TO THE RIGHT OR LEFT ABOUT.	<i>b.</i> With turning to the left (or right) about, upward— <i>jump</i> , 1, 2 (3, 4), 5, 6. [The about turn is made <i>before</i> the feet touch the ground.]
<i>b.</i> BREATHING. (<i>Attention</i>).	8. Breathe— <i>in</i> . Breathe— <i>out</i> . <i>or</i> , Breathing — <i>commence</i> .

TABLE 71.

EXERCISES.

1. a. BREATHING. *Hands on chest.*
- b. HEAD TURNING WITH ALTERNATE ARM FLINGING. *Arms across bend, Trunk forward bend.*
- c. OUTWARD LUNGE WITH OBLIQUE ARM STRETCHING. *Arms bend.*
2. TRUNK BENDING BACKWARD. *Foot forward place, Neck rest. TRUNK BENDING FORWARD AND DOWNWARD. Foot forward place, Arms upward stretch.*
3. ARM STRETCHING UPWARD, FORWARD AND DOWNWARD, WITH TURNING TO THE LEFT (OR RIGHT) ABOUT, ON *downward.*
4. HEEL RAISING AND KNEE FULL BENDING, ARM RAISING FORWARD AND UPWARD, LOWERING SIDEWAYS AND DOWNWARD.

COMMANDS.

1. a. (Hands on chest—*place*). Breathe—*in*. Breathe—*out*. or, Breathing—*commence*. (*Attention*).
- b. (Arms across—*bend*. Trunk forward—*bend*). Alternate arm flinging with head turning—*right*;—*left*;—*right*;—*left*; (*Front*). (Trunk upward—*stretch*. *Attention*). [See Table 37.]
- c. (Arms upward—*bend*). With oblique arm stretching, left foot outward in lunge position—*place*. Feet and arms—*change*, 1, 2. (*Attention*).
2. (With neck rest, left foot forward—*place*). Trunk backward—*bend*. Trunk upward—*stretch*. Feet and arms—*change*. Trunk backward—*bend*. Trunk upward *stretch*. Arms upward—*stretch*. Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. Feet and arms—*change*. Trunk forward and downward—*bend*. Trunk forward and upward—*stretch*. (*Attention*).
3. With turning to the left about on “*downward*,” arms upward, forward and downward—*stretch*. With turning to the right about on “*downward*,” arms upward, forward and downward—*stretch*. [The first movement of the “about turn” is made as the arms are bent before stretching downward, the “about turn” is completed as the arms are stretched downward.]
4. With heel raising and knees full bending, arms forward and upward—*raise*. With knees stretching and heels lowering, arms sideways and downward—*lower*.

TABLE 71.—(continued).

EXERCISES.

5. *a.* ARM RAISING AND LOWERING. *Arms sideways raise, Trunk forward bend.*

b. SIDE FALLING. *Arm upward stretch.*

6. TRUNK TURNING AND BENDING SIDeways. *Feet close, Neck rest.*

7. *a.* SHUFFLE STEP. *Hands on hips.*

b. SIXTH SKIPPING EXERCISE.

or BALANCE MARCH

c. GAME.*

8. BREATHING. ARM RAISING
SIDWAYS.

COMMANDS.

5. *a.* (Arms sideways—*raise*. Trunk forward—*bend*). Arms raising upward and lowering by numbers—1, 2. (Trunk upward—*stretch*. Arms—*lower*). [On 1, the arms are raised *upward*; on 2, they are lowered to the shoulder line.]

b. With left arm upward stretch, side falling position—*place*, 1, 2, 3. Turn—*over*, 1, 2. [On 1, the prone falling position is taken; on 2, the side falling position facing in the opposite direction.] (*Attention*, 1, 2, 3).

6. (With feet close, neck—*rest*). Trunk to the left—*turn*. Trunk to the left—*bend*. Trunk upward—*stretch*. Trunk forward and to the right—*turn*. Trunk to the right—*bend*. Trunk upward—*stretch*. Trunk forward—*turn*. (*Attention*).

7. *a.* (Hands on hips—*place*). Shuffle step, right (or left) foot—*begin*. Class—*halt*. (*Attention*).

b. Sixth Skipping exercise, ready—*go*. Class—*halt*. [On the word “ready,” the arms are extended to the “sideways stretch” position; on “go” the skipping is commenced.]

or, (Hips—*firm*). Balance march, left foot—*begin*, 1, 2, 3, 4, 5, 6, 7, 8. [On 1, 2 and 3, three ordinary marching steps are taken; on 4, the right leg is raised forward and is kept in this position during 5, 6, 7, 8. On 1, the movement is repeated, beginning with the right foot.] (*Attention*).

8. With deep breathing, arms sideways—*raise*. Arms—*lower*.

*See footnote to Table 1.

TABLE 72.

EXERCISES.

1. *a.* HEAD BENDING SIDEWAYS.
Feet close.

- b.* FORWARD LUNGE, WITH
FOOT CHANGING FORWARD.
Hips firm.

- c.* BREATHING. ARM RAISING
SIDEWAYS.

2. TRUNK BENDING BACKWARD,
FORWARD AND DOWNWARD.
Arms upward stretch.

3. ALTERNATE ARM STRETCHING
UPWARD AND SIDEWAYS,
FORWARD AND DOWNWARD.

4. LEG AND ARM CIRCLING.

COMMANDS.

1. *a.* (Feet—*close*). Head to the left—*bend*.
Head to the right—*bend*. Head
upward—*stretch*. (Feet—*open*).

- b.* (Hips—*firm*). Left foot forward in lunge
position—*place*. Feet—*change*, 1, 2.
[On 1, the back leg is brought forward
to the position of Attention; on 2, the
same leg takes the forward lunge
position,] (*Attention*).

- c.* With deep breathing, arms sideways—
raise. Arms—*lower*.

2. (Arms upward—*stretch*). Trunk backward
— *bend*. Trunk upward — *stretch*.
Trunk forward and downward—*bend*.
Trunk forward and upward—*stretch*.
(*Attention*).

3. Left arm, upward, right arm sideways—
stretch. Arms—*change*. Right arm
forward, left arm downward—*stretch*.
Arms—*change*. (*Attention*).

4. Leg and arm circling, left foot—*begin*, 1, 2,
3, 4. Leg and arm circling; right
foot—*begin*, 1, 2, 3, 4. [On 1, the arms
and leg are raised forward; on 2, the
arms are raised upward, and the leg
circled to the sideways raise position;
on 3, the arms are lowered sideways,
and the leg carried to the backward
raise position, on 4, the arms and leg
are lowered downward to the position
of Attention.]

TABLE 72 (continued).

EXERCISES.

COMMANDS.

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| <p>5. <i>a.</i> ARM PARTING. <i>Toe lunge backward, Arms forward raise.</i></p> <p><i>b.</i> PRONE FALLING, LEG RAISING.</p> <p><i>or,</i> PRONE FALLING, ARM BENDING.</p> <p>6. SIDEWAYS LUNGE. <i>Hips firm.</i></p> <p>7. <i>a.</i> TOE AND HEEL STEP. <i>Hands on hips.</i></p> <p><i>b.</i> JUMPING.</p> <p><i>or,</i> MARCHING WITH ARM STRETCHING FORWARD AND SIDEWAYS.</p> <p><i>c.</i> GAME* <i>or</i> SKIPPING.</p> <p>8. BREATHING. ARM RAISING FORWARD, AND PARTING.</p> | <p>5. <i>a.</i> (With arm raising forward, left foot backward in toe lunge position—<i>place</i>). Arm parting by numbers—1, 2. Feet and arms—<i>change</i>. (<i>Attention</i>).</p> <p><i>b.</i> (Prone falling position—<i>place</i>, 1, 2). Left leg—<i>raise</i>. Leg—<i>lower</i>. Right leg—<i>raise</i>. Leg—<i>lower</i>. (<i>Attention</i>).</p> <p><i>or,</i> (Prone falling position—<i>place</i>, 1, 2). Arm bending and stretching by numbers—1, 2. (<i>Attention</i>).</p> <p>6. (Hips—<i>firm</i>). Left foot sideways in lunge position—<i>place</i>. Feet and arms—<i>change</i>, 1, 2. (<i>Attention</i>).</p> <p>7. <i>a.</i> (Hands on hips—<i>place</i>). Toe and heel step, left (or right) foot—<i>begin</i>. Class—<i>halt</i>. (<i>Attention</i>).</p> <p><i>b.</i> With turning to the left, <i>twice</i> upward—<i>jump</i>, 1, 2, (3, 4), (5, 6), 7, 8. With turning to the right, <i>twice</i> upward—<i>jump</i>, 1, 2, (3, 4), (5, 6), 7, 8. [The turn is made during the <i>second</i> jump, on (5, 6).]</p> <p><i>or,</i> With arm stretching forward and sideways, forward—<i>march</i>. Class—<i>halt</i>, 1, 2. [There are two movements of the feet to each movement of the arms.]</p> <p><i>c.</i> Sixth Skipping exercise, ready—<i>go</i>. Class—<i>halt</i>. [On the word “ready,” the arms are extended to the “sideways stretch” position. On “go,” the skipping is commenced.]</p> <p>8. (Arms forward — <i>raise</i>). With deep breathing, arm parting by numbers—1, 2. (<i>Attention</i>).</p> |
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*See footnote to Table 1.

ABDOMINAL EXERCISES.

EXERCISES.

1. TRUNK FALLING BACKWARD.
Kneeling.
2. LYING. ALTERNATE LEG
RAISING. *Hips firm.*
3. LYING. LEG RAISING. *Hips
firm.*
4. PRONE FALLING.
5. PRONE FALLING WITH FOOT
PLACING.
6. PRONE FALLING WITH LEG
RAISING.
7. SIDE FALLING.
8. PRONE FALLING. ARM
BENDING.

COMMANDS.

1. (Kneel—down). Trunk backward—*fall*.
Trunk upward—*raise*. (*Stand*).
2. (Lie—down. Hips—*firm*). Left leg—*raise*. Feet—*change*, 1, 2. [On 1, the left leg is lowered, and on 2, the right leg is raised.] (*Stand. Attention*).
3. (Lie—down. Hips—*firm*). Legs—*raise*.
Legs—*lower*. (*Stand. Attention*).
4. Prone falling position—*place*, 1, 2.
(*Attention*, 1, 2).
5. Prone falling position—*place*, 1, 2. Foot
placing—1, 2. (*Attention*, 1, 2).
6. (Prone falling position—*place*, 1, 2). Left
leg—*raise*. Leg—*lower*. Right leg—*raise*. Leg—*lower*. (*Attention*, 1, 2).
7. With left (or right) hand hip firm, side
falling position—*place*, 1, 2, 3. [On 1
and 2, the Prone falling position is
taken; on 3, the body is turned into
the Side falling position, with the left
(or right) hand hips firm.] Turn—
over, 1, 2. (*Attention*, 1, 2).
8. (Prone falling position—*place*, 1, 2). Arms
—*bend*. Arms—*stretch*. [On the
command "*Arms—bend*," the body is
lowered, with the elbows turned out
and the back straight until the face
almost touches the floor. On the
command, "*Arms—stretch*," the arms
are straightened, and the Prone falling
position is resumed.] (*Attention*, 1, 2).



